

Summary of Results from the 2011-2012 Bedford Youth Risk Behavior Survey Grades 6-12

Submitted to:

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&
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BACKGROUND

REPORT FORMAT

In April of 2012, Bedford Youth and Family Services and the Bedford Public Schools administered the 2011-2012 Bedford Youth Risk Behavior Survey to students in grades 6 through 12. Largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey*, the questionnaire was designed to gather information on some of the important issues facing youth in Bedford, such as substance use, violence and safety, and mental health. A similar survey was conducted during the 1998-1999, 2000-2001, 2002-2003, 2004-2005, 2007-2008, and 2009-2010 school years.

This report is designed to provide an overview of key survey data, focusing on four main themes: (1) What do the data from this survey tell us about the challenges facing youth in Bedford?; (2) Are there any important sub-population differences among respondents (such as by gender or grade)?; (3) How have the data changed since previous administrations of the survey?; and (4) How do results in Bedford compare to those in Massachusetts as a whole? The summary presents an overview of findings grouped according to the following themes: Alcohol, Tobacco, and Other Drug Use; Violence and Safety; Mental Health; and Physical Health. The main results in each section are illustrated using charts that are complemented by supplementary data or information. Appendices containing selected data follow the main results.

WHO CONDUCTED THE SURVEY?

The survey was conducted by Bedford Youth and Family Services and the Bedford Public Schools in collaboration with Social Science Research and Evaluation, Inc. (SSRE), a non-profit social science research firm located in Burlington, Massachusetts.

HOW AND WHEN WAS THE SURVEY CONDUCTED?

The survey was administered as a questionnaire in April of 2012 to all students in the Bedford public middle and high schools (grades 6 through 12). The number of respondents in each grade is as follows. Due to an unexpectedly low response rate for grades 11 and 12, the data for students in those grades were weighted to represent proportional enrollment and projected response rates.

6 th	7 th	8 th	MS Unknown	9 th	10 th	11 th	12 th	HS Unknown	TOTAL
191	177	163	6	199	167	182*	153*	5	1,243
Middle School = 537				High School = 706					

*Weighted data.

School administrators set aside approximately one period of classroom time for students to complete the survey. The attending classroom teacher was responsible for passing out questionnaires and maintaining classroom order. The high school version of the survey (grades 9-12) was adapted for use at the middle school level (grades 6-8). While many questions remained unchanged, some questions were either omitted or modified to facilitate completion by younger students.

WHAT DID THE SURVEY ASK ABOUT?

The survey is largely based on the Centers for Disease Control and Prevention's *Youth Risk Behavior Survey* (YRBS). It focuses mainly on risky and healthy behaviors. Questions range from demographic and background items (e.g., gender, age, grade, participation in activities), to student substance use (e.g., alcohol, tobacco, other drugs), to other issues related to student health such as mental health, violence and safety, sexual behavior, dietary behavior, and vehicle-related risk behavior.

VALIDITY

There is a good deal of research about the ways in which students respond to surveys and whether they tell the truth. This work indicates that student survey results are reasonably accurate provided that student participation is voluntary and that the respondents cannot be identified. The Bedford Youth Risk Behavior Survey met these conditions. The voluntary nature of the survey was explained to both students and their parents. Prior to the survey, parents were given the opportunity to opt their child(ren) out of the survey. In addition, students could choose not to participate or to skip any items. The confidential nature of the survey was highlighted in the questionnaire instructions that asked students *not* to put their name on the questionnaire and explained that their answers would not be viewed by anyone who knows them.

Two other steps were taken to increase validity. First, each questionnaire was reviewed to identify any on which students obviously provided frivolous answers. Such questionnaires were omitted from all analyses. Second, analyses were conducted to test for the reasonableness of responses and for the consistency of responses across related items. When inconsistent responses were identified, the entire case or the suspect items for that case were treated as missing data in all subsequent analyses. These two procedures identified few problems.

The validity of the survey is also bolstered by using a questionnaire based largely upon the CDC *Youth Risk Behavior Survey*. The YRBS is a standardized instrument developed by the CDC in collaboration with other national and local health and education agencies (see Brener, N., Kann, L., McManus, T., Kinchen, S.A., Sundberg E.C., and Ross, J.G. [2002]. "Reliability of the 1999 Youth Risk Behavior Survey Questionnaire." *Journal of Adolescent Health*, 31, 336-342).

NON-RESPONDENTS

It is important to keep in mind that the survey results can be generalized only to students who were present when the survey was administered. The results may not reflect responses that might have been obtained from students who did not participate in the survey, were absent or truant on the day that the survey was administered, nor from students who have dropped out of school.

TRENDS

Trend comparisons can provide extremely useful information on whether certain behaviors have improved, worsened, or stayed the same over time. In fact, it is best to repeat surveys such as this at regular intervals in order to track changes over time. Because this is the seventh administration of the Bedford Youth Risk Behavior Survey (the survey was also administered in 1999, 2001, 2003, 2005, 2008, and 2010), it is possible to look at trends among Bedford youth.

COMPARATIVE DATA

A limitation of such data is that it is difficult to compare results from Bedford to results from other communities. Making comparisons to other communities is quite complicated – surveys are not exactly alike, the populations used may differ in unknown ways, the timing of the surveys may vary, and so on. Although it is natural to want to compare to other communities, a great deal can be learned simply by looking at Bedford data. In addition to trend data for Bedford, limited *high school* comparisons can be made to Massachusetts as a whole since the Massachusetts Department of Education administers the *Youth Risk Behavior Survey* to a sample of Massachusetts students every two years. The most recent available state data are from the administration of this survey that occurred in the spring of 2011. Comparable *middle school* data are not available since Massachusetts does not administer a statewide YRBS middle school survey.

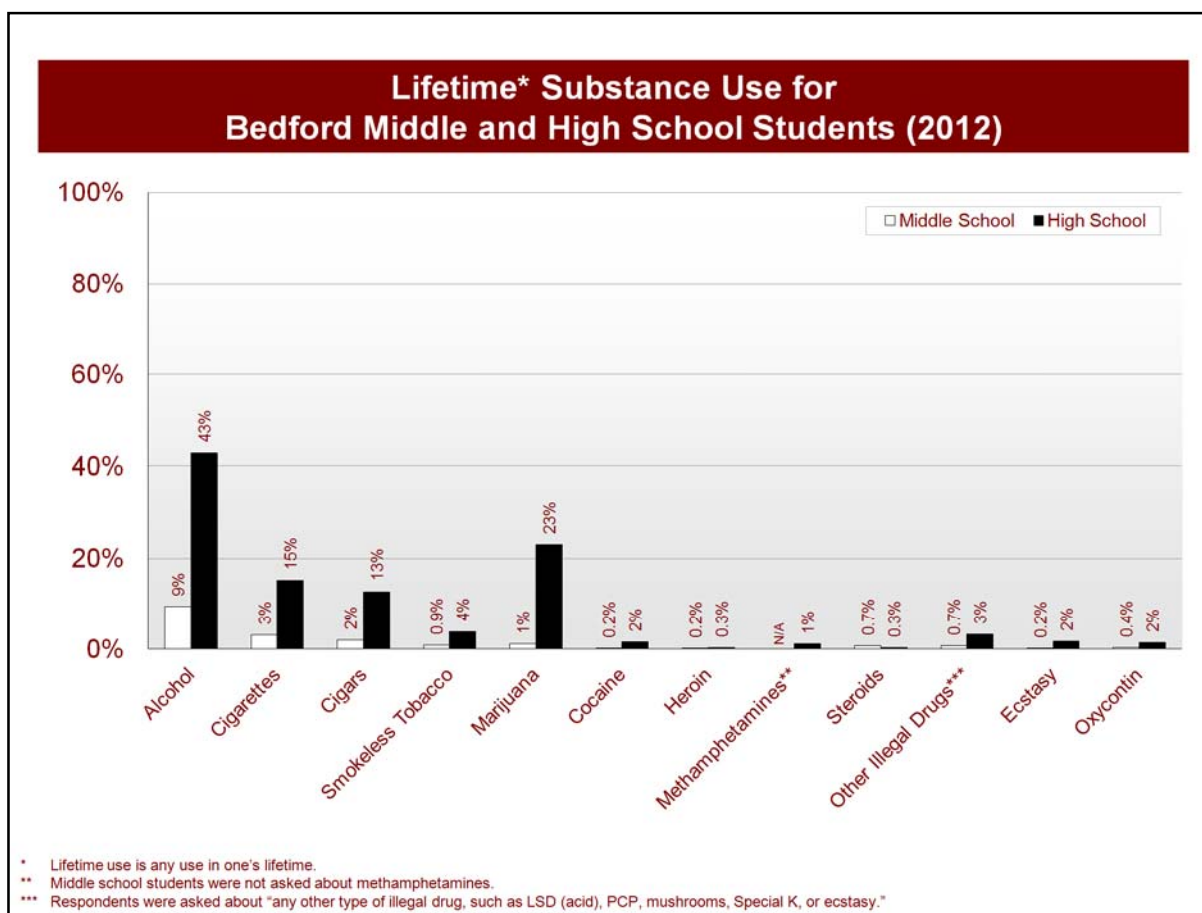
WHO HAS THESE ISSUES?

Although this survey was administered to middle and high school students, this does not mean that the issues addressed are confined solely to youth. For example, national studies of substance use show that rates of use are higher among young adults than adolescents. It is also important to keep in mind that this survey is designed primarily to assess risky behaviors and does not address many of the positive aspects of adolescent life.

WHO IS RESPONSIBLE?

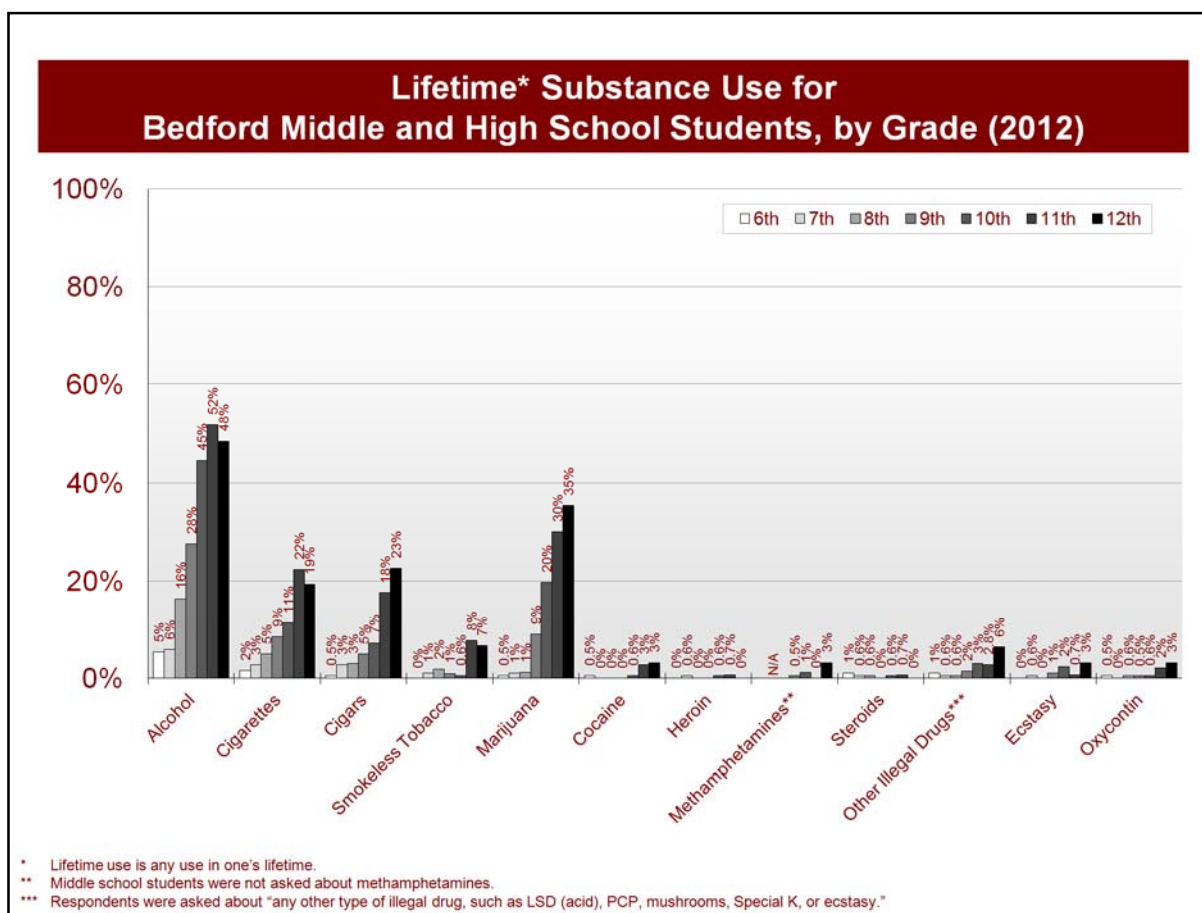
Youth health indicator data is typically collected in public schools because it is comparatively simple to collect data from what is essentially a "captive" audience. The fact that data on youth are collected in schools, however, does not mean that the schools bear the sole or even the largest responsibility for the behaviors and issues revealed in these surveys. These are not school problems; they are community issues that require the attention of all community members and organizations.

Alcohol, Tobacco, & Other Drugs



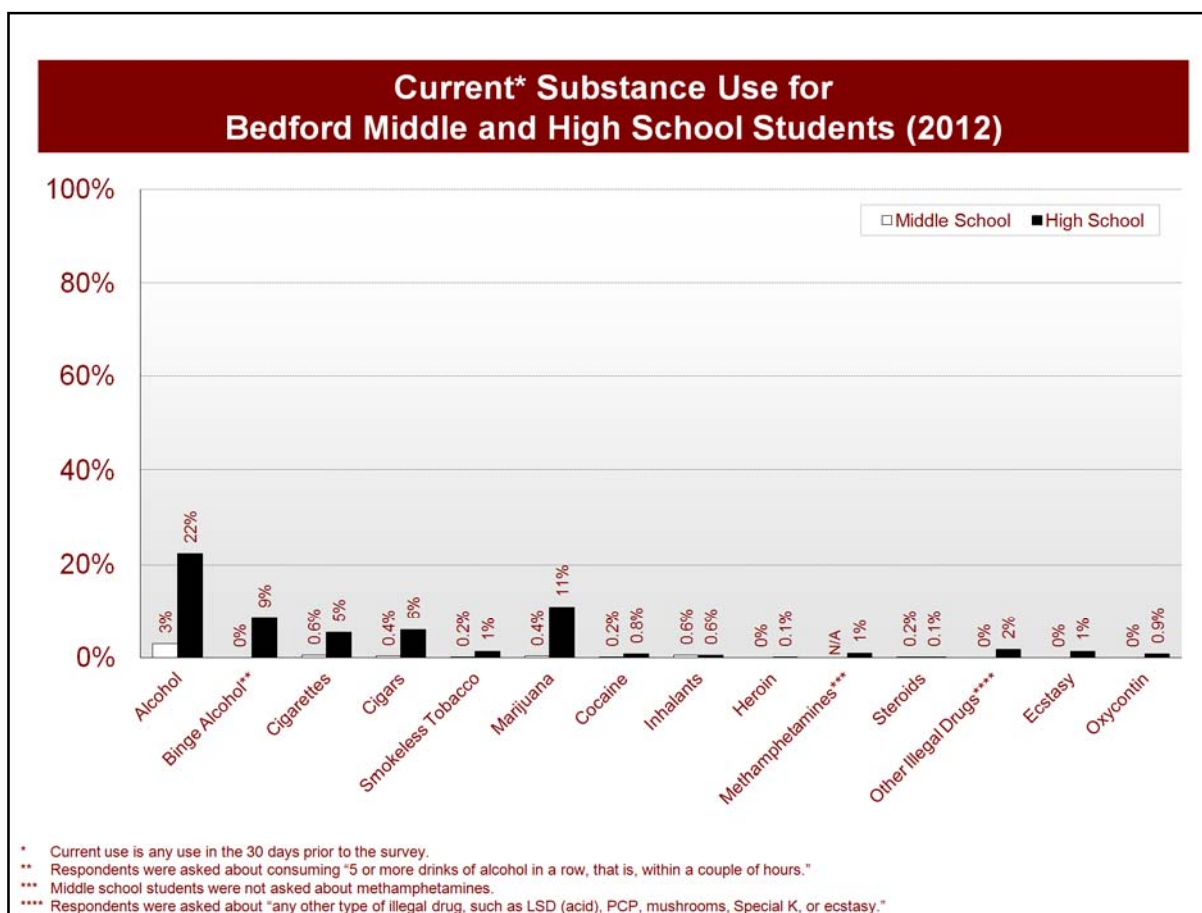
SELECTED POINTS

- Lifetime substance use is any use during one's lifetime.
- The middle school survey did not ask about methamphetamine use.
- The questions concerning use of alcohol were preceded by the following instruction, "The next questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes."
- Alcohol is the substance of choice, with 9% of 2012 Bedford middle school students and 43% of high school students reporting using alcohol at least once in their lifetime.
- Twenty-three percent (23%) of high school students reported ever using marijuana, 15% reported ever smoking cigarettes, and 13% reported ever smoking cigars.
- Lifetime use of other illegal drugs other than marijuana was much lower.



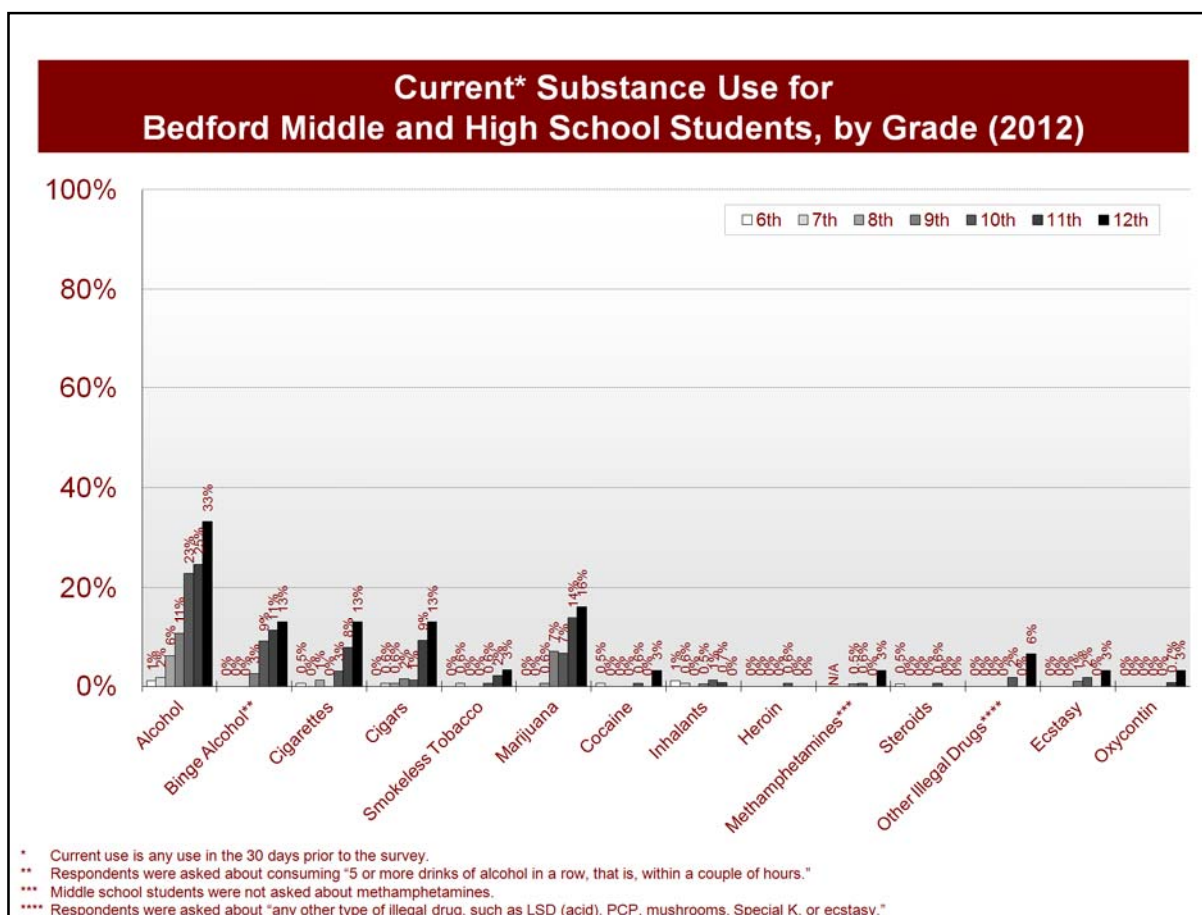
SELECTED POINTS

- The percentage of 2012 Bedford students who reported ever using more commonly used substances – alcohol, tobacco, marijuana – increased considerably with age/grade. For example, the percentage who reported ever smoking marijuana in their lifetime increased from 0.5% in 6th grade to 35% in 12th grade.
- By March of their senior year, approximately half of Bedford youth have tried alcohol (48%), approximately one-third have used marijuana (35%), and approximately one-fifth have tried cigarettes (19%) and/or cigars (23%).
- Lifetime use of illegal drugs other than marijuana among Bedford youth generally increases less progressively with age/grade.



SELECTED POINTS

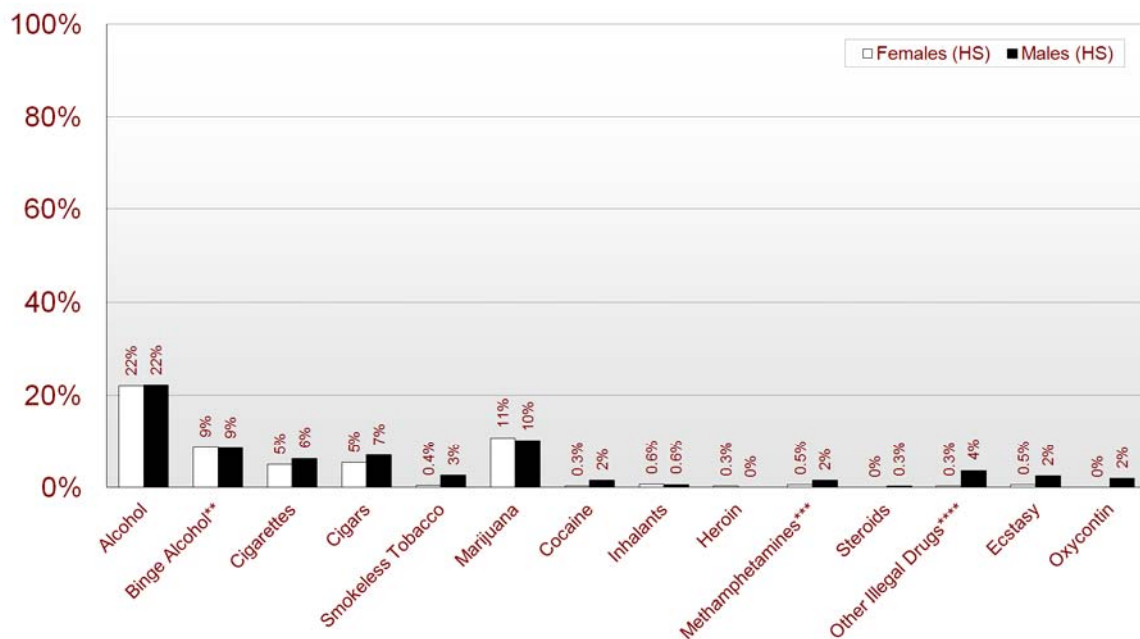
- Current use is any use in the 30 days prior to the survey.
- Binge alcohol use was defined in the survey as having "five or more drinks of alcohol in a row, that is, within a couple of hours."
- Alcohol is the most commonly used substance, with 3% of Bedford middle school students and 22% of high school students reporting that they had consumed it in the 30 days prior to the survey.
- Nine percent (9%) of high school students reported binge drinking in the same 30-day time period. This means that 41% of those high school students who drank in the past 30 days engaged in binge drinking.
- The high school rate of current marijuana use (11%) was much higher than the rate of current cigarette use (5%) and also much higher than that for any other illegal substance.



SELECTED POINTS

- Overall, current substance use increased with age/grade. For example, 1% of Bedford 6th graders reported using alcohol in the 30 days prior to the survey, compared with 33% of 12th graders.
- Note the onset of use between grades eight and nine, and between grades nine and ten. For example, the percentage of students who reported current alcohol use increased from 6% among 8th graders to 11% among 9th graders and 23% among 10th graders, and binge alcohol use rose from 0% to 3% to 9%.

Current* Substance Use for Bedford High School Students, by Gender (2012)



* Current use is any use in the 30 days prior to the survey.

** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

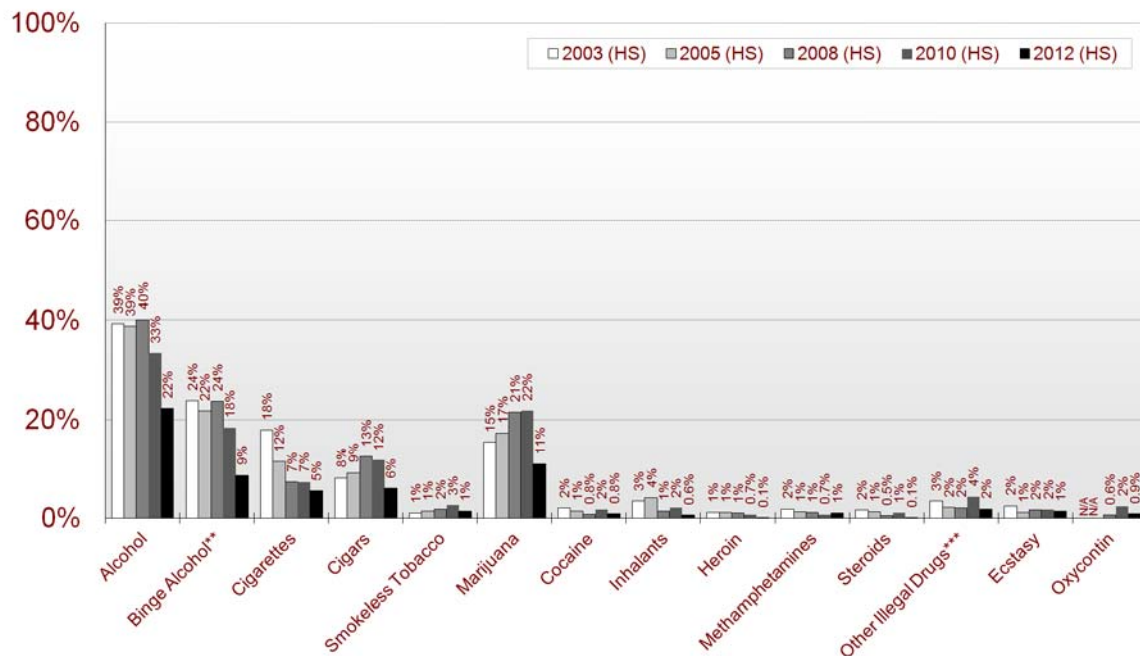
*** Middle school students were not asked about methamphetamines.

**** Respondents were asked about "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Special K, or ecstasy."

SELECTED POINTS

- Overall, Bedford high school males and females were equally likely to report current substance use.
- Middle school data by gender were as follows:
 - Alcohol (any use) (3% females, 2% males)
 - Binge alcohol (5+ drinks in a row) (0% females, 0% males)
 - Cigarettes (1% females, 0% males)
 - Cigars (0.4% females, 0.4% males)
 - Smokeless Tobacco (0% females, 0.4% males)
 - Marijuana (0.4% females, 0% males)
 - Cocaine (0.4% females, 0% males)
 - Inhalants (1% females, 0% males)
 - Heroin (0% females, 0% males)
 - Methamphetamines (not asked)
 - Steroids (0.4% females, 0% males)
 - Other Illegal Drugs (0% females, 0% males)
 - Ecstasy (0% females, 0% males)
 - Oxycontin (0% females, 0% males)

Trends in Current* Substance Use for Bedford High School Students ('03, '05, '08, '10, '12)



* Current use is any use in the 30 days prior to the survey.

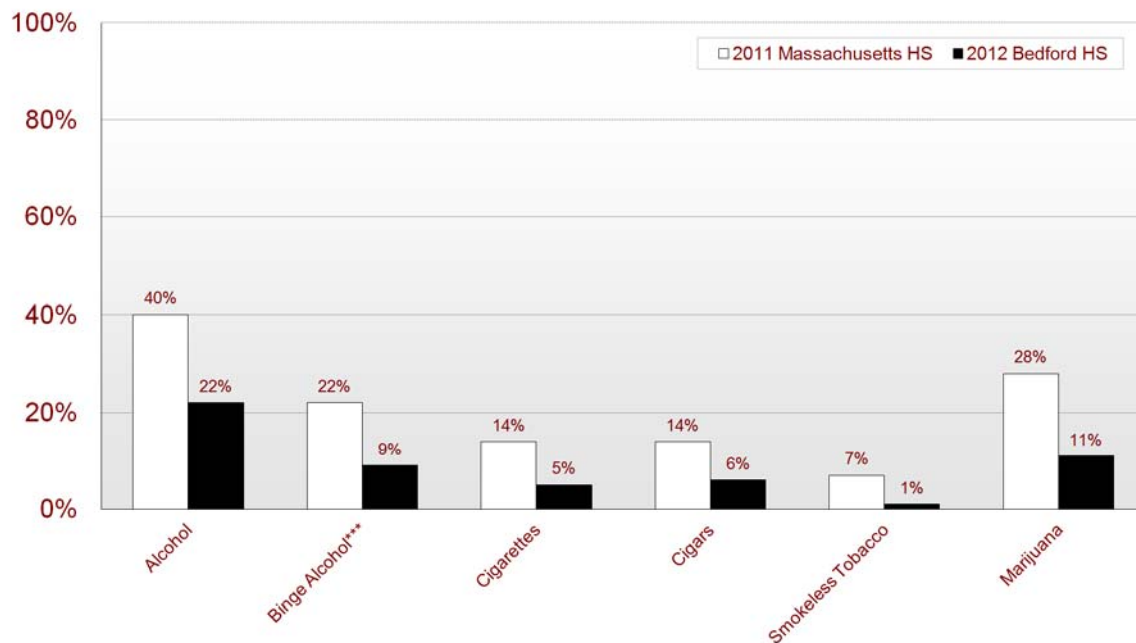
** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

*** Respondents were asked about "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Special K, or ecstasy."

SELECTED POINTS

- Trends among Bedford high school students are positive, with 2012 levels below levels observed in prior years. Both current and binge alcohol use continued a decline that began in 2008, (any use – 40% in 2008, 33% in 2010, 22% in 2012; binge use – 24% in 2008, 18% in 2010, 9% in 2012). Current cigarette use remained well below prior averages, declining from 18% in 2003, to 12% in 2005, 7% in both 2008 and 2010, and 5% in 2012. Current use of both cigars (13% in 2008, 12% in 2010, 8% in 2012) and marijuana (21% in 2008, 22% in 2010, 11% in 2012) declined after general increases since 2003. Rates of use of illegal drugs other than marijuana remained generally stable and comparatively lower than use of other substances.
- Middle school trend data were as follows:
 - Alcohol (any use) (8% in 2003, 8% in 2005, 3%, in 2008, 2% in 2010, 3% in 2012)
 - Binge alcohol (5+ drinks in a row) (0.4%, 0%, 0%, 0%, 0%)
 - Cigarettes (3%, 3%, 0.4%, 0.8%, 0.6%)
 - Cigars (0.7%, 1%, 0.2%, 0%, 0.4%)
 - Smokeless Tobacco (0.4%, 0.4%, 0.2%, 0.4%, 0.2%)
 - Marijuana (2%, 1%, 0.8%, 2%, 0.4%)
 - Cocaine (0.6%, 0.4%, 0.2%, 0.4%, 0.2%)
 - Inhalants (2%, 2%, 1%, 0.4%, 0.6%)
 - Heroin (0.2%, 0.4%, 0%, 0.2%, 0%)
 - Methamphetamines (not asked)
 - Steroids (0.6%, 0.4%, 0%, 0%, 0.2%)
 - Other Illegal Drugs (0.4%, 0.2%, 0%, 0%, 0%)
 - Ecstasy (0.4%, 0.2%, 0%, 0%, 0%)
 - Oxycontin (N/A, N/A, 0%, 0%, 0%)

Current* Substance Use for Massachusetts** High School Students (2011) and Bedford High School Students (2012)



* Current use is any use in the 30 days prior to the survey.

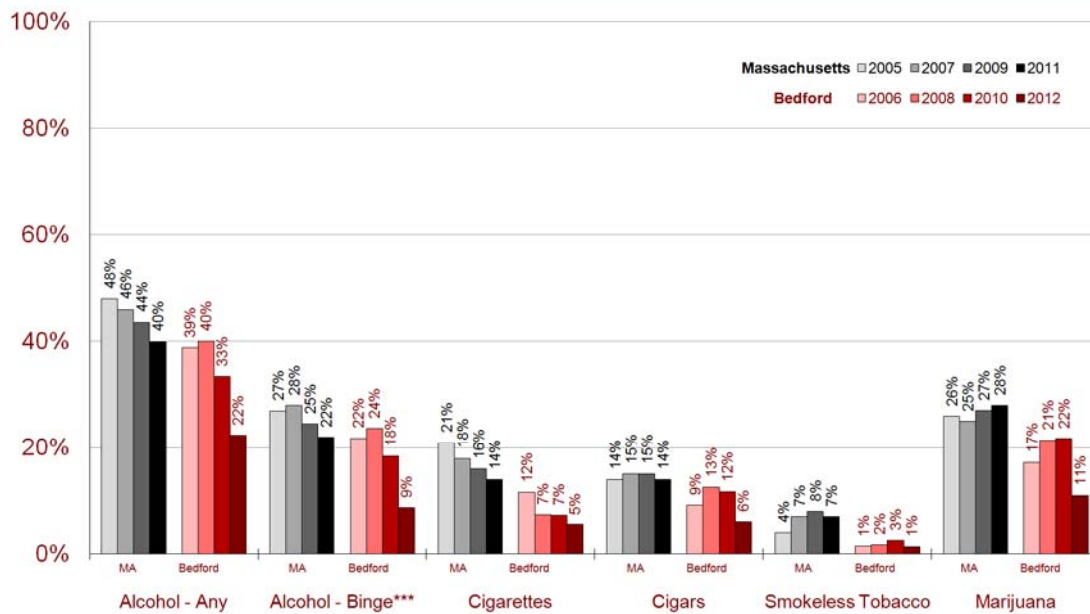
** Massachusetts high school data are from the 2011 MA Youth Risk Behavior Survey conducted by the MA Department of Education in Spring, 2011. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.

*** Respondents were asked about consuming "5 or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- Massachusetts high school data displayed here and, in most instances, elsewhere in this summary are from the 2011 Massachusetts Youth Risk Behavior Survey, which was administered during the Spring of the 2011 school year. The Massachusetts survey does not ask about current use of illegal drugs other than marijuana.
- Available comparative data reveal lower rates of current substance use in Bedford than statewide – alcohol (40% MA, 22% Bedford), binge alcohol (22% MA, 9% Bedford), cigarettes (14% MA, 5% Bedford), cigars (14% MA, 6% Bedford), smokeless tobacco (7% MA, 1% Bedford), and marijuana (28% MA, 11% Bedford).
- Comparative statewide middle school are not available as Massachusetts does not administer a statewide middle school survey.

Trends in Current* Substance Use for Massachusetts** and Bedford High School Students



* Current use is any use in the 30 days prior to the survey.

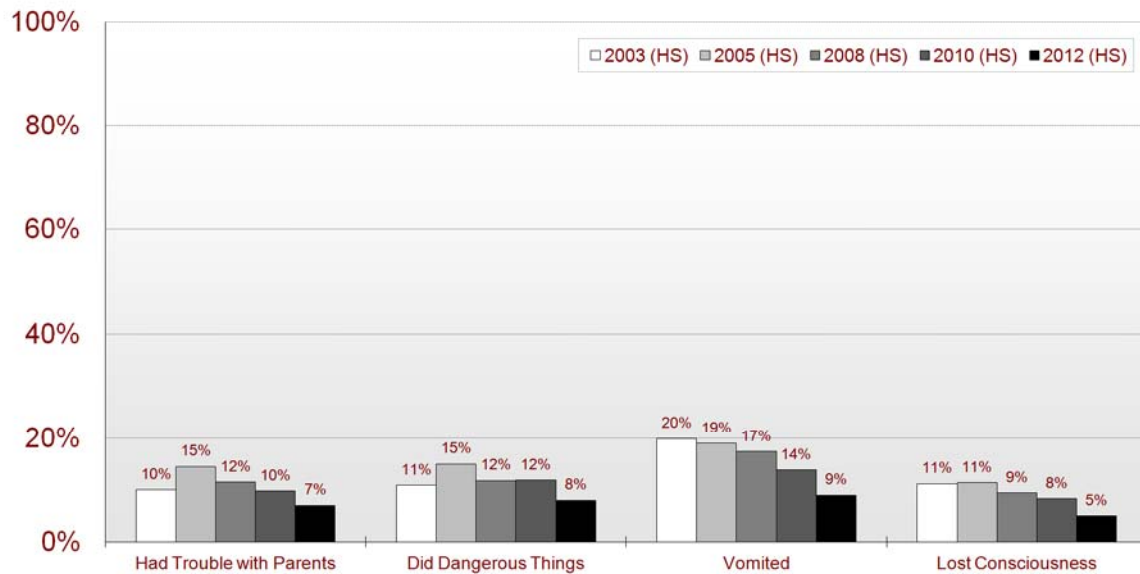
** Massachusetts data from the *Massachusetts Youth Risk Behavior Survey* conducted by the MA Department of Education (spring).

*** Binge alcohol use was defined as having "five or more drinks of alcohol in a row, that is, within a couple of hours."

SELECTED POINTS

- This chart displays trend data for Massachusetts high school students (grey-shaded bars) and Bedford high school students (red-shaded bars). Note that the years of the surveys alternate consecutively by one year.
- In most instances, trends in Bedford are similar to those in Massachusetts as a whole, with levels trending downward. The Bedford declines are more substantial.

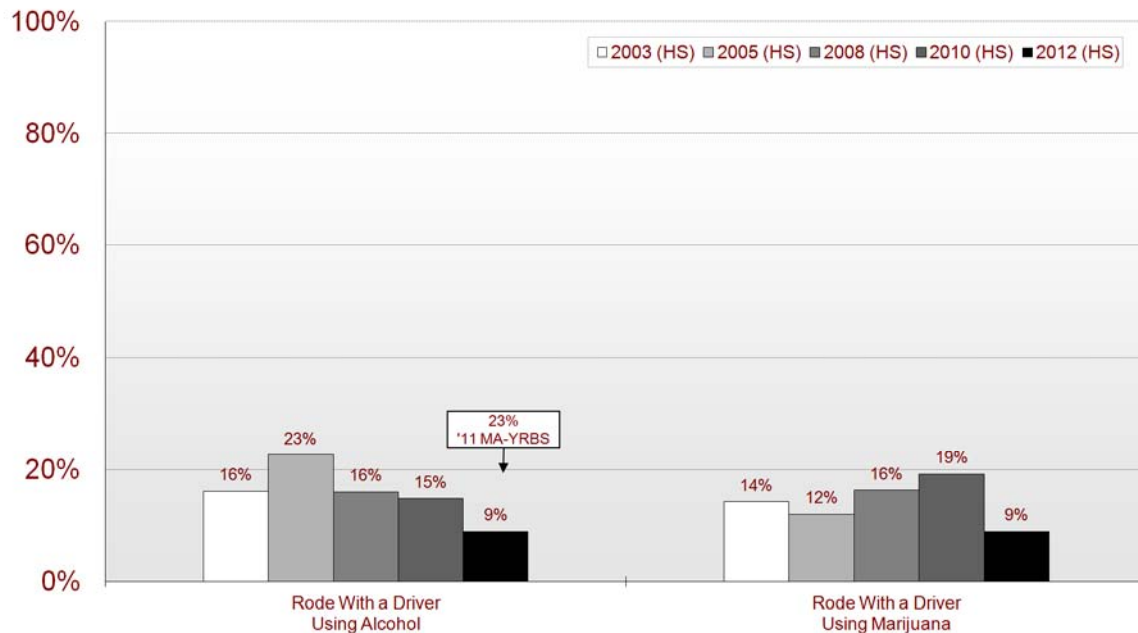
Bedford High School Students Who Reported Problems Related to Alcohol or Drugs in the Past 12 Months ('03, '05, '08, '10, '12)



SELECTED POINTS

- The percentages listed are based on all respondents, including those who did not use alcohol or other drugs.
- Seven percent (7%) of 2012 Bedford high school students reported that their use of alcohol or other drugs resulted in them getting into trouble with their parents in the 12 months prior to the survey, 8% reported that they did dangerous things that they wouldn't have otherwise done, 9% vomited, and 5% lost consciousness.
- **Trends:** Rates of each of these behaviors/consequences decreased between 2010 and 2012, with rates continuing to decline below peak levels previously observed.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Males and females were similarly likely to report these issues in 2012: had trouble with parents (7% females, 6% males), did dangerous things (6% females, 9% males), vomited (10% females, 8% males), lost consciousness (4% females, 5% males).
- **Grade:** The percentage of 2012 Bedford high school students who reported each of these problems increased somewhat with age/grade, peaking among 11th graders and then declining among 12th graders – had trouble with parents (7%, 9%, 10%, 3%); did dangerous things (5%, 10%, 10%, 7%); vomited (6%, 11%, 10%, 11%); lost consciousness (5%, 5%, 6%, 3%).
- **Middle School:** 2003 to 2012 trends for Bedford middle school students are as follows: had trouble with parents (0.4%, 1%, 0.2%, 0.8%, 0.7%); did dangerous things (2%, 1%, 0.8%, 0.8%, 0.6%); vomited (2%, 0.4%, 0.8%, 1%, 0.6%); and, lost consciousness (1%, 0.8%, 0.2%, 0.8%, 0.6%).

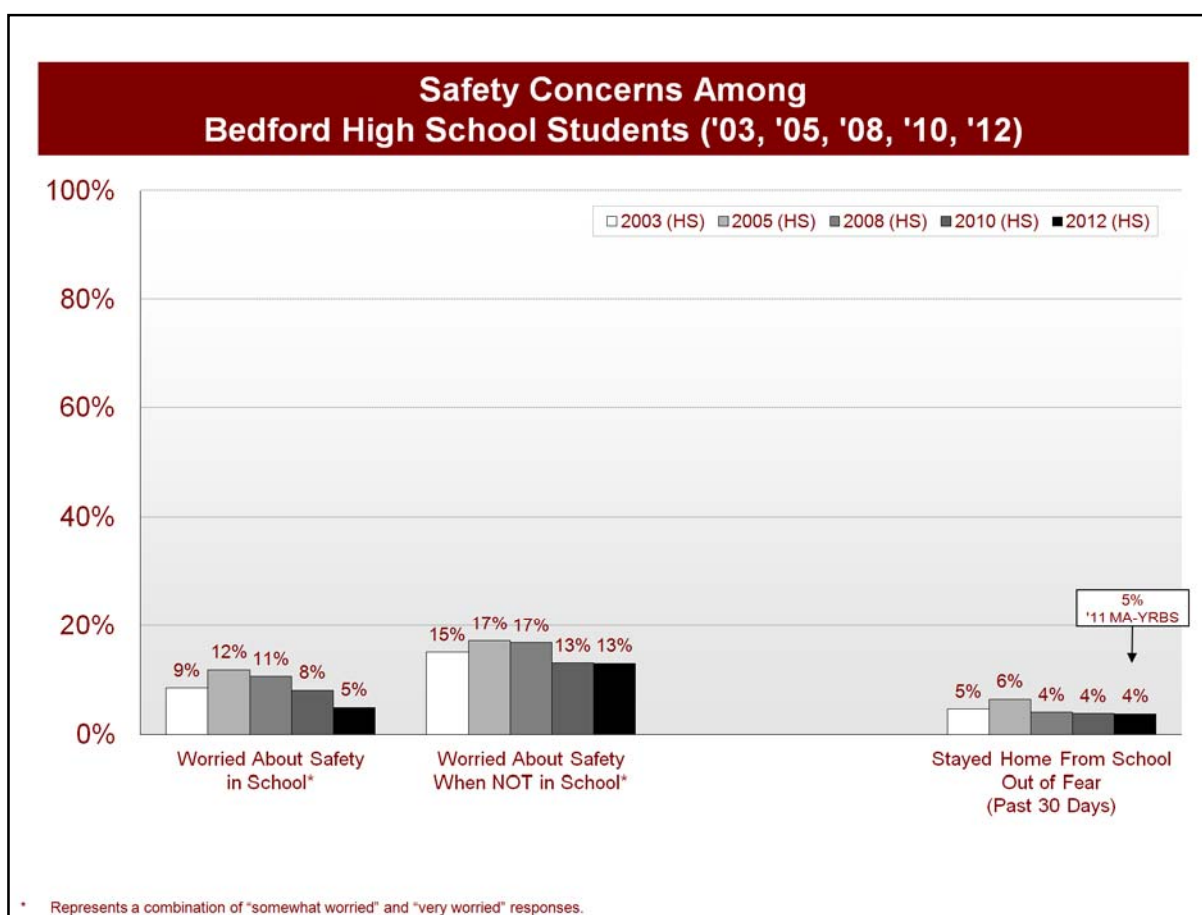
Bedford High School Students Who, in the Past 30 Days, Rode with a Driver Who Had Been Using Alcohol or Marijuana ('03, '05, '08, '10, '12)



SELECTED POINTS

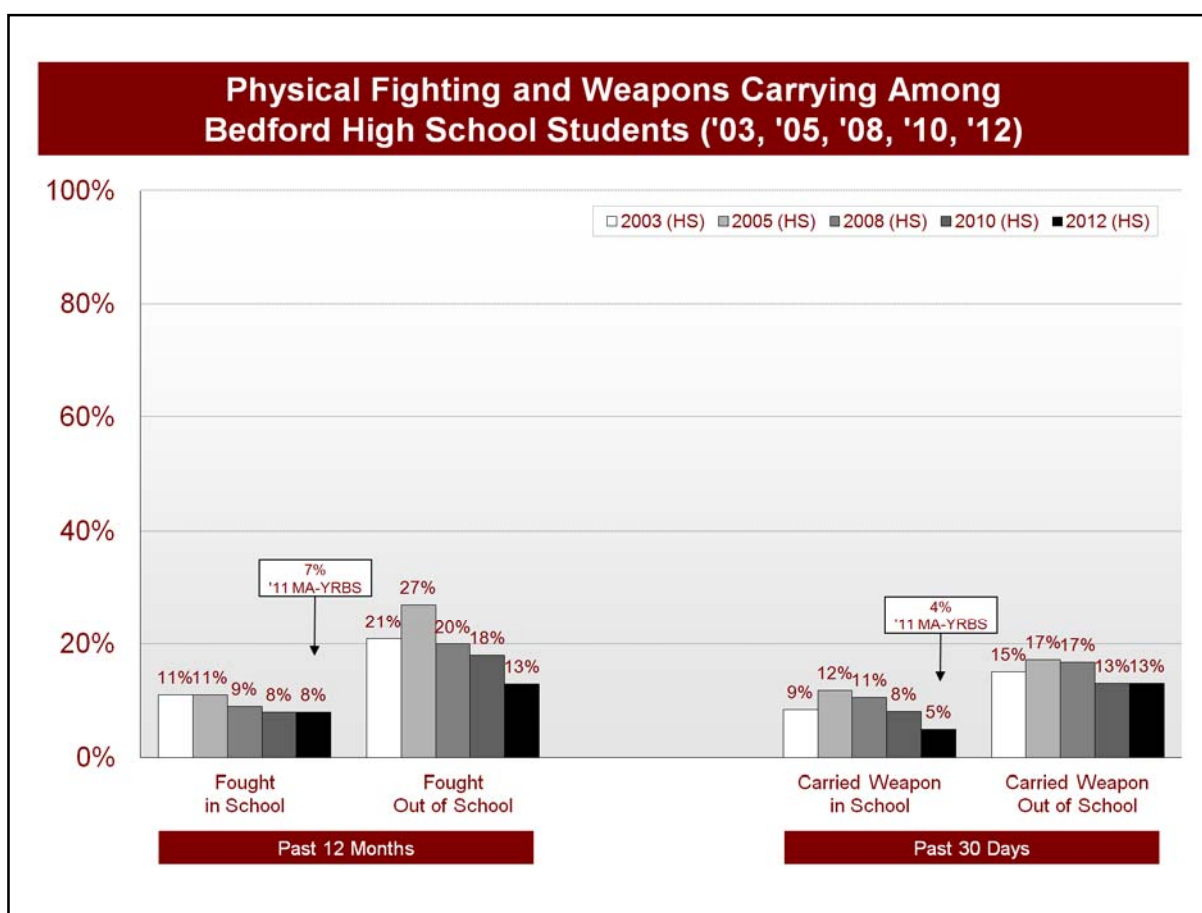
- Nine percent (9%) of 2012 Bedford high school students reported riding with a driver who had been drinking alcohol in the 30 days prior to the survey, and 9% reported riding with a driver who had been using marijuana.
- **Trends:** The percentage of Bedford high school students who reported riding with a driver who had been using alcohol continued decreases observed since 2005 (23% in 2005, 16% in 2008, 15% in 2010, 9% in 2012). The percentage who rode with a driver who was using marijuana, which had previously increased from 12% in 2005, to 16% in 2008, and 19% in 2010, declined to 9% in 2012.
- **Comparisons:** Bedford 2012 high school students (9%) were less likely than 2011 Massachusetts students (23%) to report riding with a drinking driver. The MA survey did not ask about riding with a driver who had been using marijuana. *MA data from the 2011 MA Youth Risk Behavior Survey*
- **Gender:** In 2012, Bedford high school females were more likely than males to report riding with a driver who was using alcohol (12% females, 7% males) or marijuana (9% females, 8% males).
- **Grade:** While the percentage of Bedford high school students who reported riding with a driver who had been using alcohol remained consistent across grades (9%, 8%, 10%, 10%), the percentage who rode with a driver who had been using marijuana increased with age/grade (4%, 6%, 13%, 13%).
- **Middle School:** 2003 to 2012 trends for Bedford middle school students are as follows: rode with a drinking driver (9%, 9%, 7%, 7%, 7%), rode with a driver who had been using marijuana (2%, 2%, 0.8%, 0.8%, 0.6%).

Violence and Safety



SELECTED POINTS

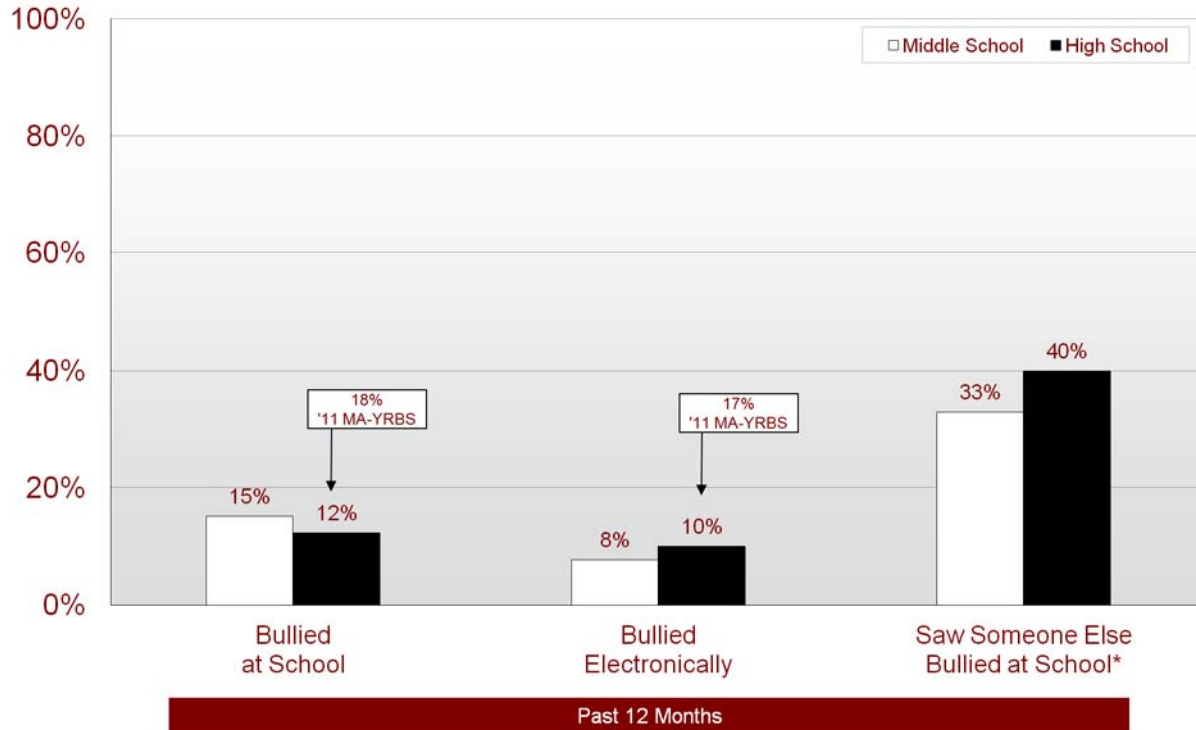
- Respondents reported that they worry about their safety more when they are out of school than when they are in school. Five percent (5%) of 2012 Bedford high school students reported that they worry about their safety when they are in school, compared to 13% who worry about their safety when they are not in school. Four percent (4%) reported staying home from school out of fear for their safety in the 30 days prior to the survey.
- **Trends:** There was a decrease between 2010 and 2012 in the percentage of Bedford high school students who reported worrying about their safety in school (8% to 5%), continuing declines observed since 2005. There was no change in the percentage who reported worrying about their safety when not in school (13%) or stayed home from school out of fear (4%).
- **Comparisons:** A similar percentage of Bedford 2012 and Massachusetts 2011 high school students reported staying home from school in the 30 days prior to the survey out of fear for their safety (4% Bedford, 5% MA). Comparative data for Massachusetts are not available for the items about worrying about safety. *MA data from the 2011 MA Youth Risk Behavior Survey*
- **Gender:** Bedford females were more likely than males to report worrying about their safety in school (5% females vs. 4% males) and when not in school (16% vs. 10%), and staying home from school out of fear (5%, 2%).
- **Grade:** There were no consistent differences by age/grade in the percentage of students who reported safety concerns: worried about safety in school (2%, 8%, 6%, 3%), worried about safety when not in school (13%, 14%, 11%, 13%), stayed home out of fear (4%, 4%, 3%, 3%).
- **Middle School:** 2003 to 2012 trends for Bedford middle school students are as follows: worried about safety in school (11%, 8%, 8%, 7%, 8%), worried about safety when not in school (14%, 16%, 18%, 16%, 14%), stayed home out of fear (2%, 2%, 1%, 1%, 2%).



SELECTED POINTS

- The data illustrate violence and safety-related experiences occurring in the past 12 months (in a physical fight) or in the past 30 days (carried a weapon), detailing experiences that occurred both at school and when NOT at school. All available comparative data are highlighted.
- On and Off School Property:** Respondents reported that weapon carrying and fighting were more likely to have occurred when they were away from school than at school.
- Trends:** Trend data reveal consistency or declines between 2010 and 2012 in these issues among Bedford youth, with levels remaining below previously observed peaks.
- Comparisons:** Rates of these issues were similar among both 2012 Bedford and 2011 Massachusetts youth: in a physical fight at school (8% Bedford, 7% MA), carried a weapon on school property (5% Bedford, 4% MA). *MA data from the 2011 MA Youth Risk Behavior Survey*
- Gender:** Males were much more likely than females to report all behaviors related to weapons and fighting. See Appendix A for details.
- Grade:** With the exception of physical fighting out of school, reports of these issues increased with age/grade: fought in school (6%, 6%, 8%, 10%), fought out of school (15%, 11%, 11%, 13%), carried a weapon in school (0.5%, 2%, 3%, 7%), carried a weapon out of school (8%, 8%, 9%, 10%).
- Middle School:** 2003 to 2012 trends for Bedford middle school students are as follows: fought in school (13%, 9%, 5%, 5%, 2%), fought when not in school (26%, 28%, 19%, 18%, 15%), carried a weapon in school (1%, 2%, 0.6%, 0.6%, 0%), carried a weapon when not in school (10%, 12%, 6%, 8%, 10%).

Percent of Bedford Middle and High School Students Who Reported Being Bullied and Seeing Someone Else Bullied* (2012)

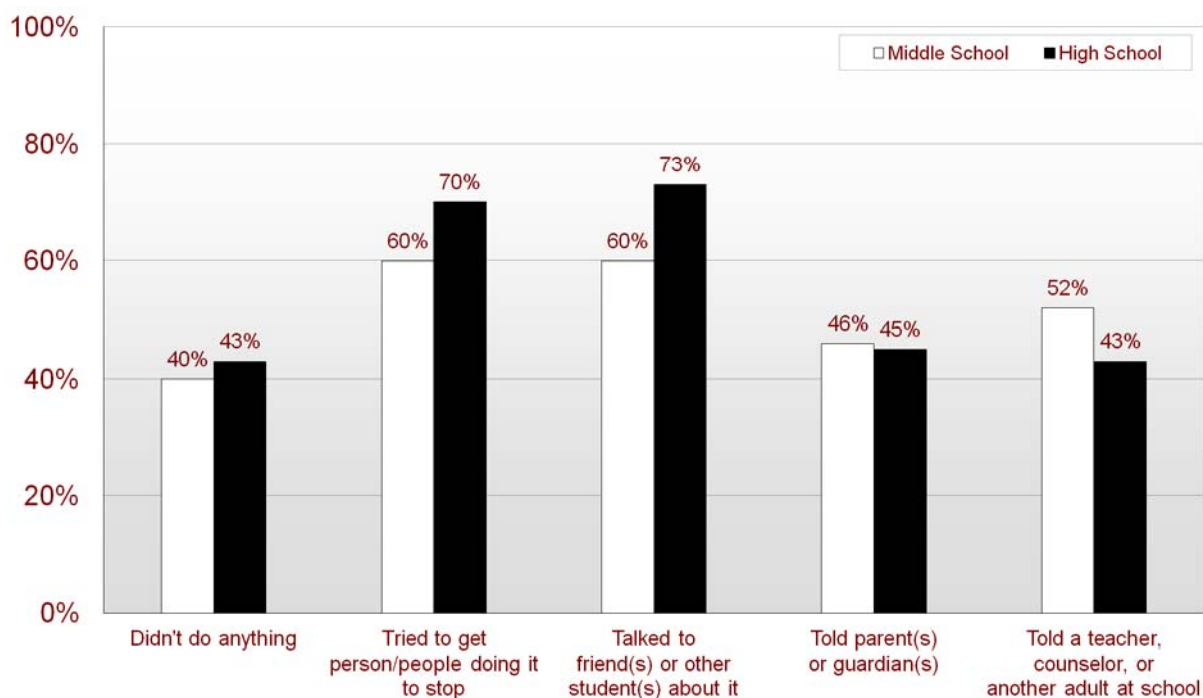


* New item in the 2012 Bedford survey.

SELECTED POINTS

- Fifteen percent (15%) of Bedford middle school students and 12% of high school students reported that they had been bullied in school in the 12 months prior to the survey, while 8% of middle school students and 10% of high school students reported that they had been bullied electronically (via e-mail, instant messaging, social networking sites such as Facebook, Twitter or Myspace, or texting).
- Thirty-three percent (33%) of Bedford middle school students and 40% of high school students reported that they saw someone else bullied in school in the 12 months prior to the survey.
- Trends:** Trend data are not available as these items were new in the 2012 survey. Data for a legacy item preserved to provide interim trend data are as follows: bullied at or on way to/from school in the past 30 days (12% in '03, 13% in '05, 15% in '08, 18% in '10, 12% '12).
- Comparisons:** Rates of these issues were lower among 2012 Bedford than 2011 Massachusetts youth: bullied at school (12% Bedford, 18% MA), bullied electronically (10% Bedford, 17% MA). Comparative data for seeing someone else bullied are not available. *MA data from the 2011 MA Youth Risk Behavior Survey*
- Gender:** Female students were more likely than males to report bullying: bullied at school (MS – 18% females, 12% males; HS – 15% females, 9% males), bullied electronically (MS – 9%, 6%; HS – 11%, 8%), saw someone else bullied in school (MS – 36%, 29%; HS – 41%, 39%).
- Grade:** The percent of Bedford students to report being bullied or seeing someone else bullied tended to peak among 9th graders and then decline throughout the high school grades: bullied at school (15% 6th grade, 16% 7th grade, 14% 8th grade, 16% 9th grade, 13% 10th grade, 13% 11th grade, 7% 12th grade), bullied electronically (8%, 7%, 7%, 16%, 10%, 7%, 3%), saw someone else bullied in school (26%, 32%, 43%, 43%, 45%, 38%, 36%).

Response Last Time They Were Bullied In School in the Past 12 Months* – Multiple Responses Possible (2012)

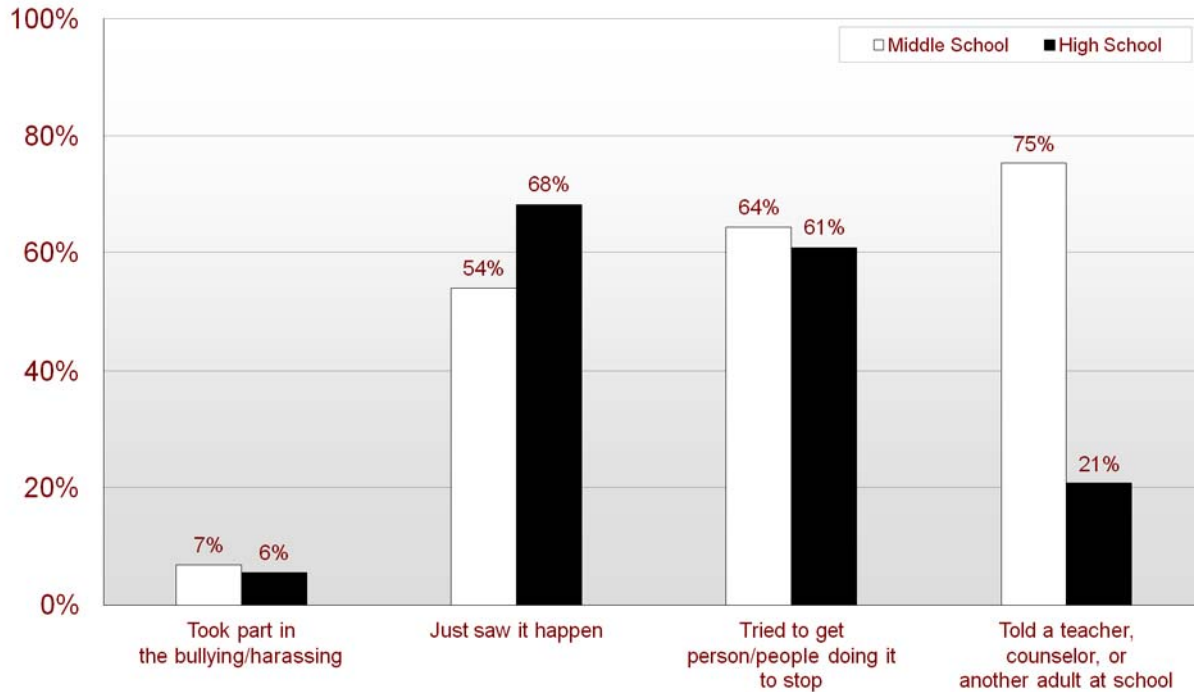


* New item in the 2012 Bedford survey.

SELECTED POINTS

- Respondents who reported that they had been bullied in school in the 12 months prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Respondents in middle and high school were generally most likely to report trying to get the person/people doing it to stop and talking to friend(s) or other student(s) about it, followed by telling a school adult and/or a parent/guardian.
- **Trends:** As this was a new item in the 2012 survey, trend data are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** A greater percentage of females than males reported actively responding the last time they were bullied in school (trying to get the person to stop and/or telling someone about it), while males were more likely than females to do nothing. Results by gender are: did nothing (MS – 31% females, 48% males; HS – 36% females, 54% males); tried to get the person/people doing it to stop (MS – 67% females, 50% males; HS – 72% females, 65% males); told a teacher, counselor, or another adult at school (MS – 51% females, 43% males; HS – 49% females, 32% males), told parent/guardian (MS – 51% females, 36% males; HS – 52% females, 32% males); talked to friend(s) about it (MS – 78% females, 30% males; HS – 76% females, 61% males).
- **Grade:** As displayed in the chart, middle school students were more likely than high school students to report being bullied to a trusted school adult and/or parent or guardian. Figures for each response varied inconsistently with age/grade.

Response Last Time They Saw Someone Else Bullied In School in the Past 12 Months* – Multiple Responses Possible (2012)

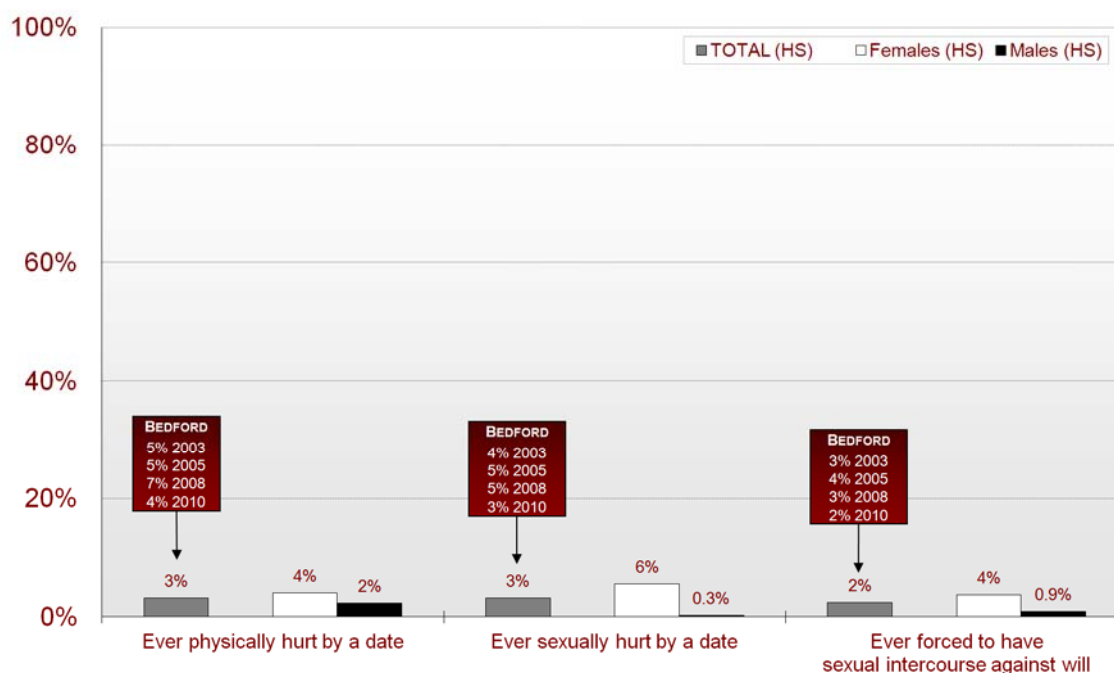


* New item in the 2012 Bedford survey.

SELECTED POINTS

- Respondents who had seen someone else bullied in school in the 12 months prior to the survey were asked how they responded the last time it happened (multiple responses were possible). Middle school students were more likely than high school students to report active bystander (trying to get the bully to stop, reporting the incident to a school official), particularly telling a teacher, counselor, or another adult at school (75% of observing middle school students, 21% of observing high school students) .
- **Trends:** As this was a new item in the 2012 survey, trend data are not available.
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** A greater percentage of females than males reported that they actively told a trusted school adult about the last bullying incident that they witnessed in school. Results by gender are: took part in the bullying (MS – 7% females, 6% males; HS – 2% females, 10% males); did nothing (MS – 51% females, 58% males; HS – 71% females, 67% males); tried to get the person/people doing it to stop (MS – 69% females, 59% males; HS – 57% females, 67% males); told a teacher, counselor, or another adult at school (MS – 34% females, 12% males; HS – 33% females, 7% males).
- **Grade:** As displayed in the chart, middle school students were more likely than high school students to report active bystander behavior, such as telling the bully to stop and telling a school adult.

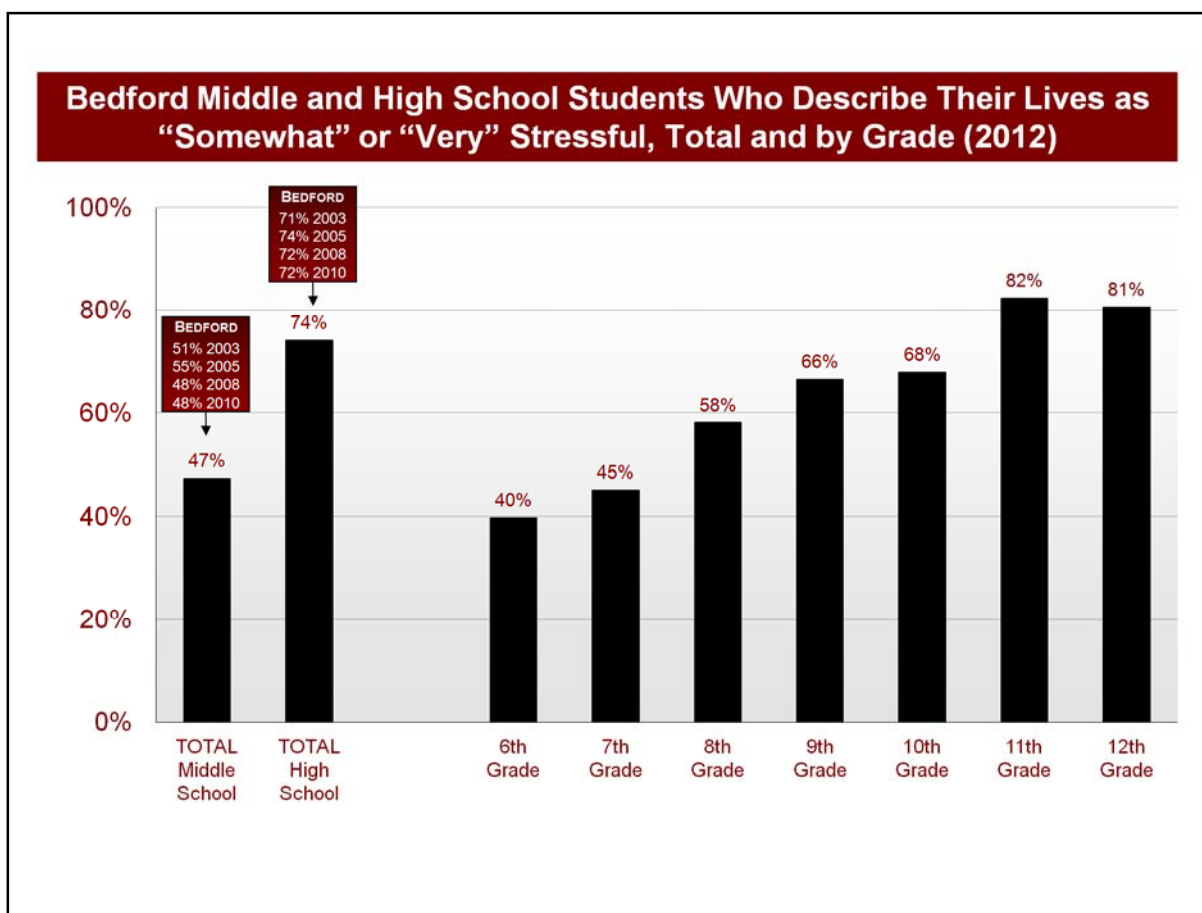
Lifetime Experiences of Dating and Sexual Violence Among Bedford High School Students, Total and by Gender (2012)



SELECTED POINTS

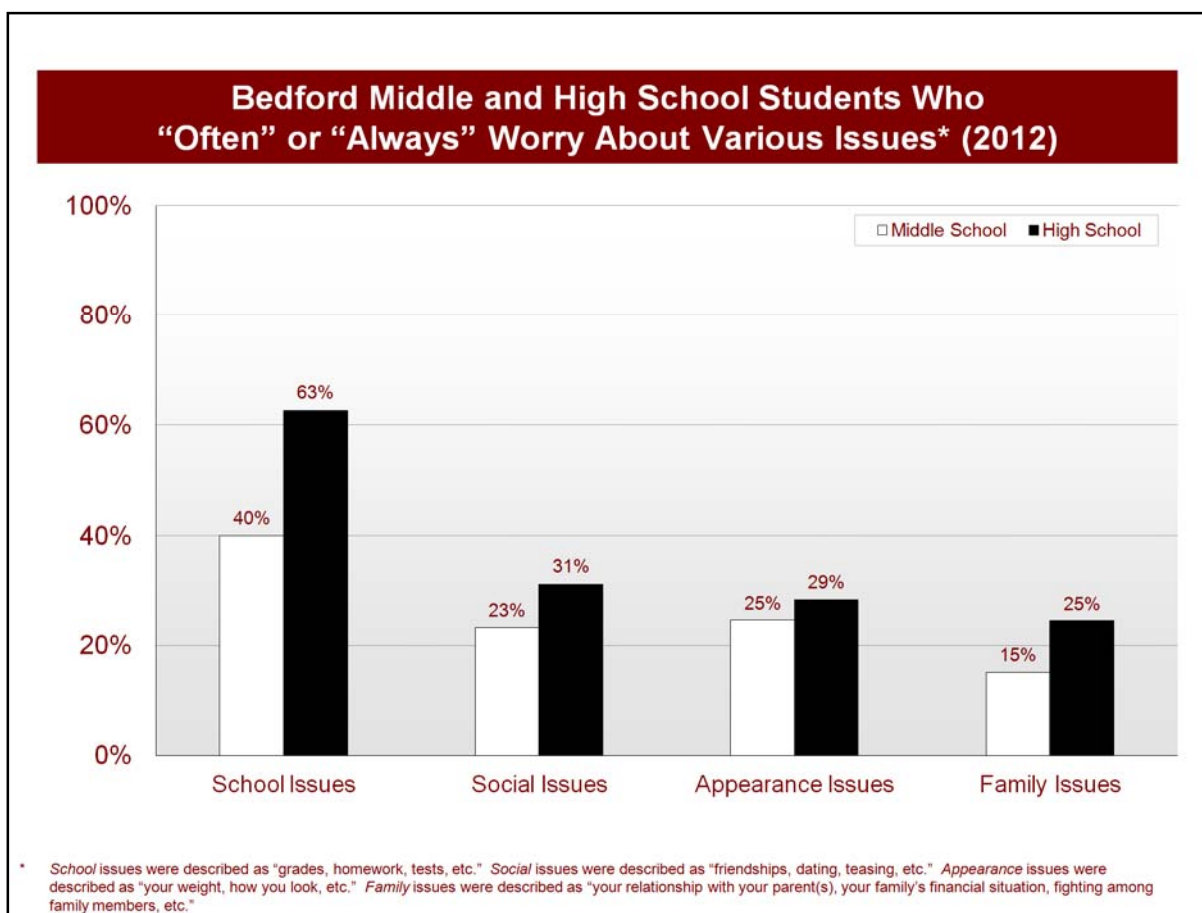
- Three percent (3%) of 2012 Bedford high school students reported that they had ever been *physically* hurt by a date in their lifetime, 3% had ever been *sexually* hurt by a date, and 2% had been *forced to have sexual intercourse against their will*.
- **Trends:** Trend data reveal a continuation lower rates of these issues among Bedford high school students since 2008 after few substantive prior changes – ever hurt *physically* by a date (7% in 2008, 4% in 2010, 3% in 2012), ever hurt *sexually* by a date (5% in 2008, 3% in 2010, 3% in 2012), ever *forced to have intercourse* (3% in 2008, 2% in 2010, 2% in 2012).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Bedford high school females were more likely than males to report each of these experiences: ever *physically* hurt by a date (4% females, 2% males), ever *sexually* hurt by a date (6%, 0.3%), ever *forced to have sexual intercourse against will* (4%, 0.9%).
- **Grade:** The percentage of Bedford high school students who reported each of these experiences varied little with age/grade: ever *physically* hurt by a date (5%, 4%, 4%, 0%), ever *sexually* hurt by a date (3%, 2%, 4%, 3%), ever *forced to have intercourse against will* (3%, 2%, 1%, 3%).
- **Middle School:** Middle school students were not asked these questions.

Mental Health



SELECTED POINTS

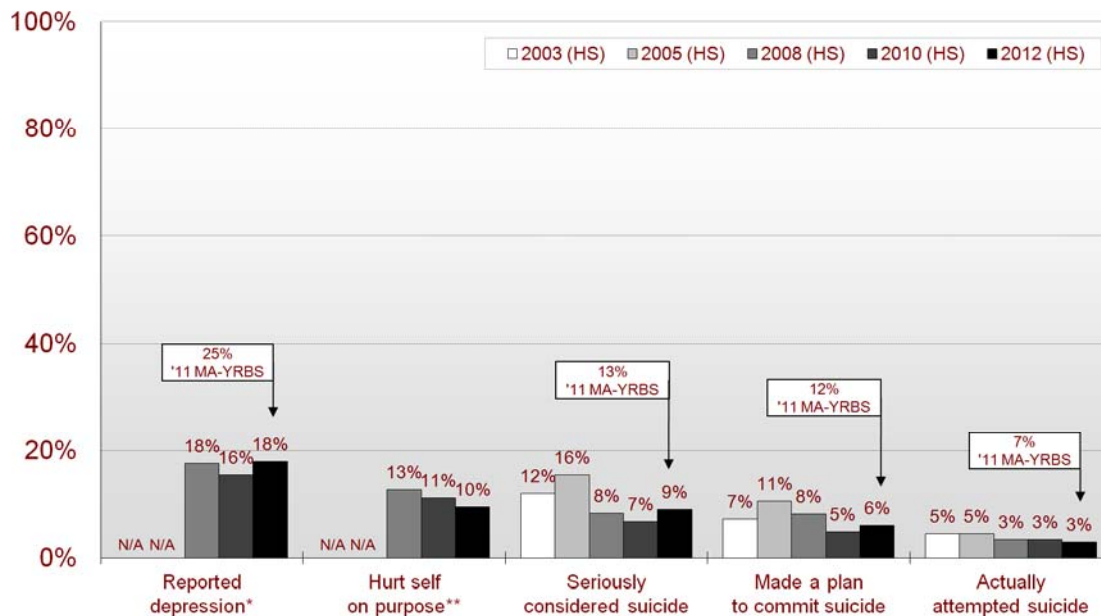
- In 2012, 47% of Bedford middle school students and 74% of high school students reported that they thought their life was “somewhat” or “very” stressful.
- **Trends:** Rates of perceived stress have remained fairly consistent over time among both Bedford middle and high school students, with little substantive change between 2010 and 2012 (MS – 48% 2010, 47% in 2012; HS – 72% in 2010, 74% in 2012).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female 2012 Bedford students were much more likely than males to report that their life was stressful (MS – 56% females, 39% males; HS – 84%, 63%).
- **Grade:** As displayed in the chart, the percentage of 2012 Bedford respondents who reported that their life was stressful increased overall from the 6th to the 11th grades (40%, 45%, 58%, 66%, 68%, 82%, 81%).



SELECTED POINTS

- In 2012, Bedford students reported worrying most overall about school issues (40% MS, 63% HS), followed by social issues (23% MS, 31% HS), appearance issues (25% MS, 29% HS), and family issues (15% MS, 25% HS). High school students were more likely than middle school students to report worrying about each of these issues.
- **Trends:** There has been more consistency than variability in perceived stressors since 2003: school issues (MS – 48%, 46%, 45%, 40%, 40%; HS – 59%, 54%, 62%, 58%, 63%), social issues (MS – 32%, 32%, 28%, 23%, 23%; HS – 41%, 40%, 40%, 38%, 31%), appearance issues (MS – 31%, 31%, 26%, 25%, 25%; HS – 32%, 37%, 37%, 37%, 29%), family issues (MS – 19%, 20%, 20%, 19%, 15%; HS – 28%, 31%, 28%, 31%, 25%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students in 2012 were more likely than males to report frequently worrying about each of these issues: school issues (MS – 45% females, 36% males; HS – 79%, 45%), social issues (MS – 31%, 15%; HS – 36%, 26%), appearance issues (MS – 34%, 16%; HS – 42%, 14%), family issues (MS – 19%, 11%; HS – 30%, 18%).
- **Grade:** As displayed in the chart, concern about these issues was more common among high school students.

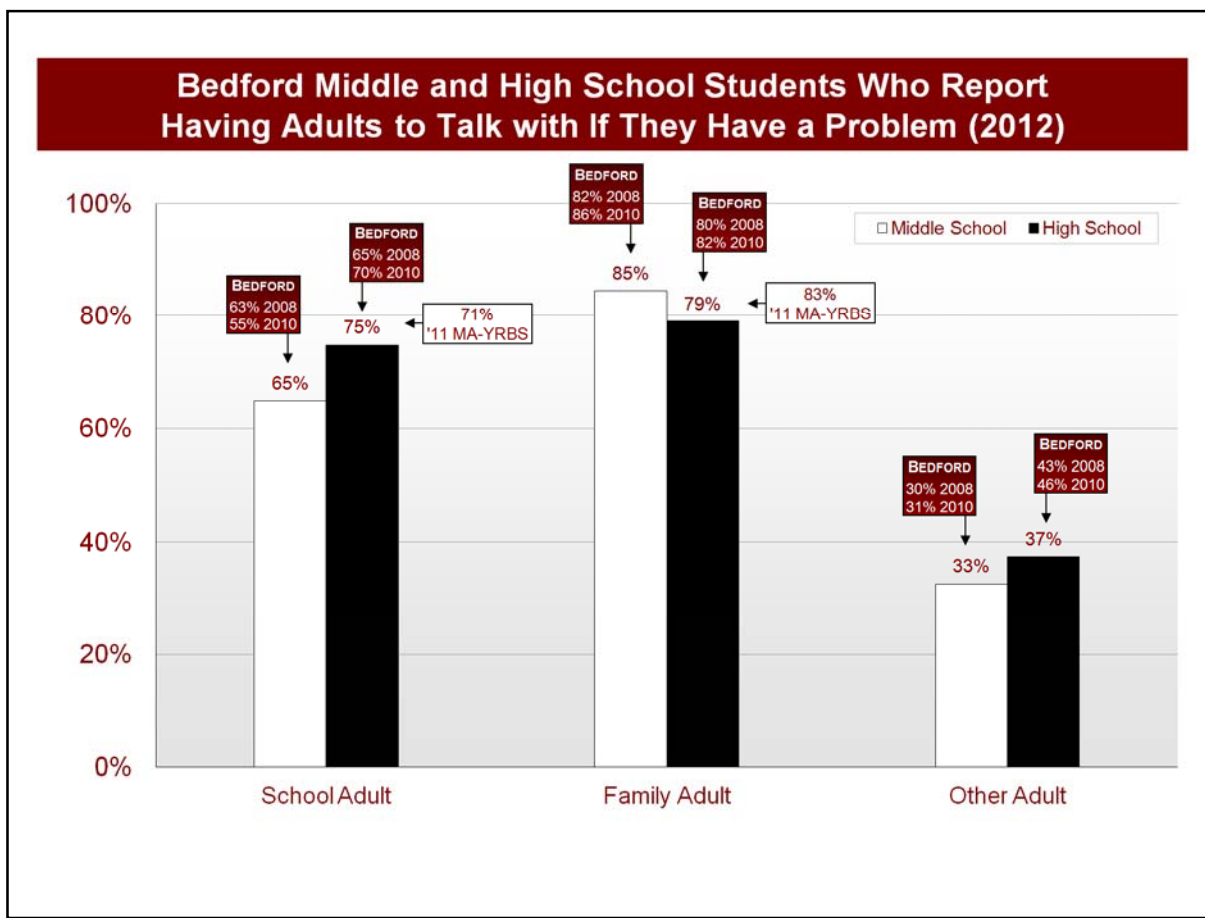
Trends in Depression, Self-Harm, and Suicide in the Past 12 Months Among Bedford High School Students ('03, '05, '08, '10, '12)



* Respondents were asked, "During the past 12 months, did you ever feel so sad or hopeless almost every day for TWO WEEKS OR MORE IN A ROW that you stopped doing some usual activities?"
 ** Respondents were asked, "During the past 12 months, how many times did you hurt or injure yourself ON PURPOSE? (For example, by cutting, burning, or bruising yourself on purpose)."

SELECTED POINTS

- Eighteen percent (18%) of 2012 Bedford high school students *experiencing depression* in the 12 months prior to the survey. Ten percent (10%) reported *hurting themselves on purpose* during the same period, 9% *seriously considered suicide*, 6% *made a plan to commit suicide*, and 3% *actually attempted suicide*.
- **Trends:** As displayed in the chart, trend data are mixed, with some slight increases after previously observed decreases. See information below on middle school trends.
- **Comparisons:** These issues were less common among 2012 Bedford high school students than 2011 Massachusetts students: reported depression (18% Bedford, 25% MA), hurt self on purpose (comparative MA data not available), seriously considered suicide (9% Bedford, 13% MA), made a plan to commit suicide (6% Bedford, 12% MA), attempted suicide (3% Bedford, 7% MA). MA data from the 2011 MA Youth Risk Behavior Survey
- **Gender:** While 2012 Bedford female respondents were more likely than males to report hurting themselves on purpose, rates of other issues were largely similar: reported depression (23% females, 12% males), hurt self on purpose (11%, 8%), seriously considered suicide (9%, 8%), made a plan to commit suicide (5%, 7%), attempted suicide (4%, 3%).
- **Grade:** In general, the percentage of respondents who reported each of these issues varied throughout the high school grades: reported depression (17%, 15%, 23%, 16%), hurt self on purpose (11%, 13%, 10%, 3%), seriously considered suicide (12%, 8%, 9%, 6%), planned suicide (7%, 6%, 8%, 3%), attempted suicide (5%, 2%, 3%, 3%).
- **Middle School:** Rates of these mental health concerns were generally lower among Bedford middle school students, but showed slight increases in 2012: reported depression (7% in 2008, 7% in 2010, 12% in 2012), hurt self on purpose (11%, 9%, 13%), seriously considered suicide (3%, 6%, 7%), planned suicide (2%, 3%, 4%), attempted suicide (0.8%, 2%, 1%).

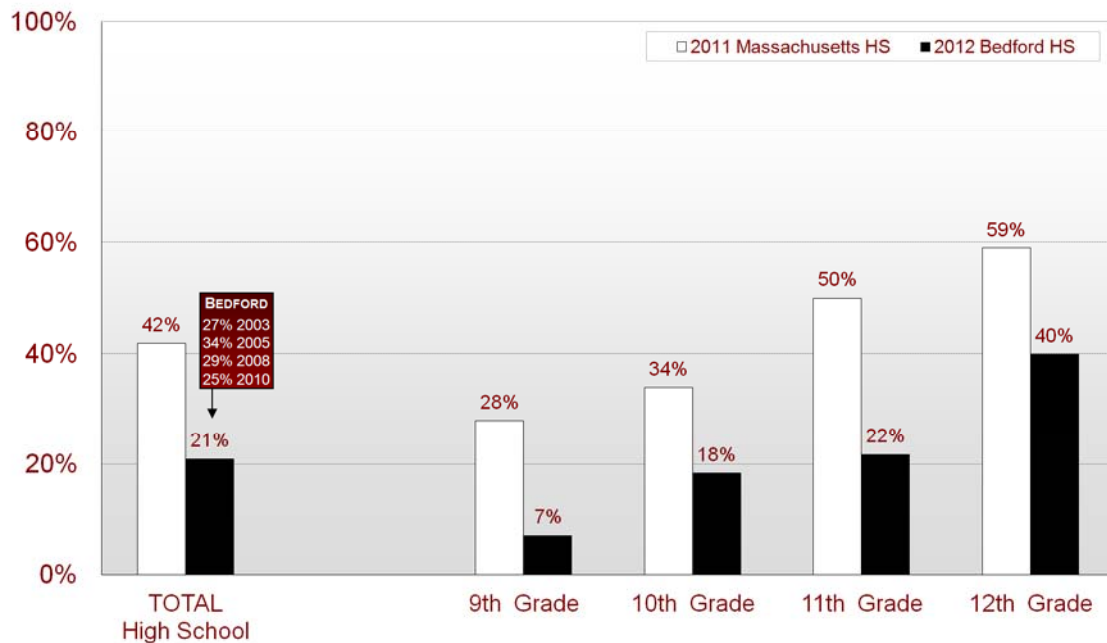


SELECTED POINTS

- Respondents were asked whether they have people to talk to about problems, specifically trusted school adults, family adults, and other non-family adults outside of school. Students in both middle and high school were most likely to report having a *family* adult to talk to (MS – 85%, HS – 79%), followed by a *school* adult (MS – 65%, HS – 75%) and a *non-family/school* adult (MS – 33%, HS – 37%).
- **Trends:** Trend data reveal consistent and substantive increases in the percentage of both middle and high school students who report having a school adult confidant (item added in 2008): school adult (MS – 63%, 55%, 65%; HS – 65%, 70%, 75%), family adult (MS – 82%, 86%, 85%; HS – 80%, 82%, 79%), other adult (MS – 30%, 31, 33%; HS – 43%, 46%, 37%).
- **Comparisons:** Comparative data show that 2012 Bedford high school students were more likely than their 2011 Massachusetts peers to have a trusted school adult confidant and less likely to have a parent/guardian to talk to: school adult (75% Bedford, 71% MA), family adult (79% Bedford, 83% MA), non-family/school adult (MA data not available). *MA data from the 2011 MA Youth Risk Behavior Survey*
- **Gender:** Middle school females were slightly more likely to report access to these adult support sources, but high school rates were largely similar: school adult (MS – 72% females, 58% males; HS – 75%, 75%), family adult (MS – 86%, 84%; HS – 79%, 80%), non-family/school adult (MS – 35%, 30%; HS – 39%, 36%).
- **Grade:** Data by grade show that the percentage of students that report having a *school* adult confidant varied with age/grade, increasing throughout the high school grades (68%, 69%, 57%, 64%, 77%, 78%, 84%). Perceived support of a *family* adult did not vary substantively with age/grade (87%, 86%, 80%, 79%, 82%, 81%, 73%). Perceived support of a *non-family/school* adult varied inconsistently (39%, 25%, 33%, 35%, 41%, 44%, 30%).

Physical Health

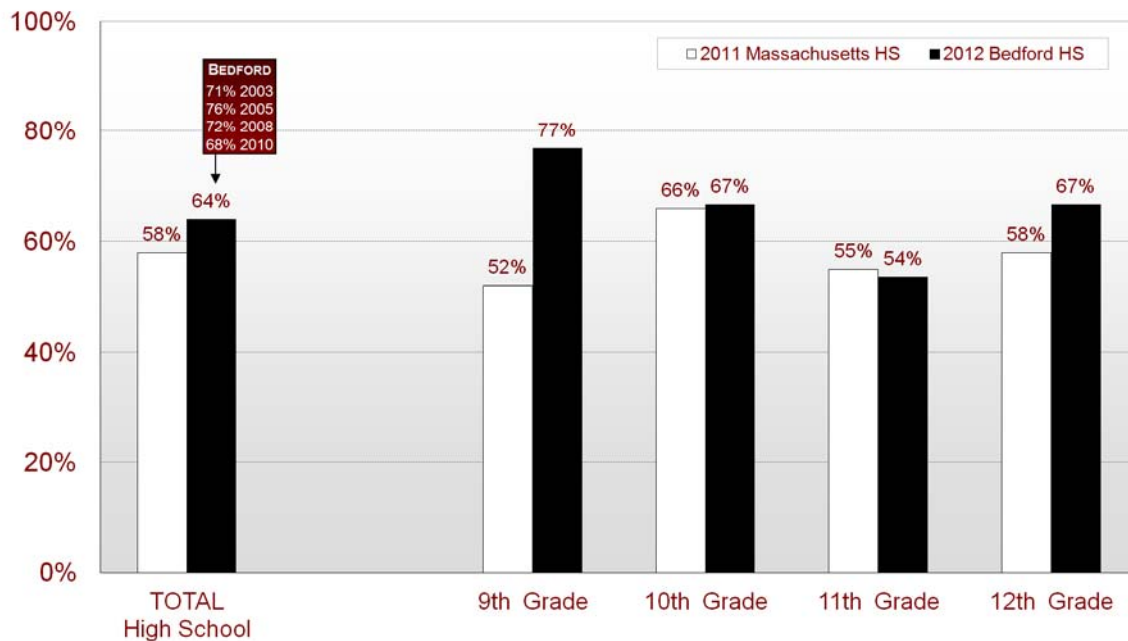
Massachusetts* 2011 and Bedford 2012 High School Students Who Have Ever Had Sexual Intercourse, Total and by Grade



SELECTED POINTS

- In 2012, 21% of Bedford high school students reported ever having sexual intercourse – 7% of 9th graders, 18% of 10th graders, 22% of 11th graders, and 40% of 12th graders.
- **Trends:** There was a decrease between 2010 (25%) and 2012 (21%) in the percentage of Bedford high school students who reported ever having sexual intercourse, continuing a decline in rates since 2005.
- **Comparisons:** Comparative data show that 2012 Bedford high school students were much less likely than their 2011 Massachusetts peers to report ever having sexual intercourse (21% Bedford, 42% MA). This pattern held in every grade: 9th grade (7% Bedford, 28% MA), 10th grade (18% Bedford, 34% MA), 11th grade (22% Bedford, 50% MA), 12th grade (40% Bedford, 59% MA). *MA data from the 2011 MA Youth Risk Behavior Survey*
- **Gender:** Bedford high school females and males were almost equally likely to report ever having sexual intercourse (21% females, 20% males).
- **Grade:** As displayed in the chart, the percentage of 2012 Bedford students who reported ever having sexual intercourse increased from 7% in 9th grade to 40% in 12th grade.
- **Middle School:** Middle school students were not asked these questions.

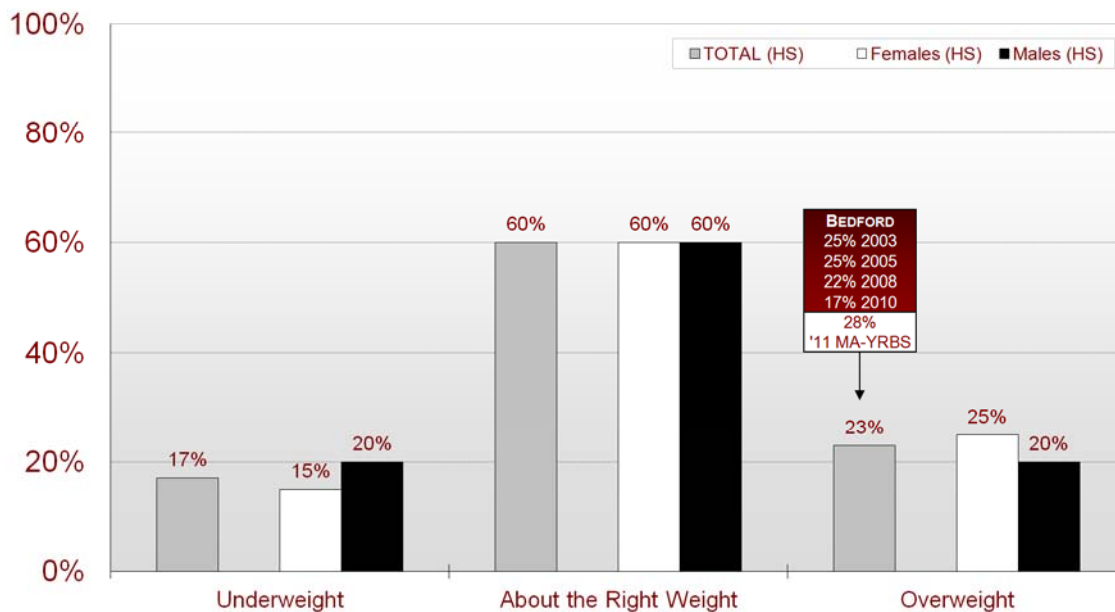
Sexually Active Massachusetts 2011 and Bedford 2012 High School Students Who Used a Condom The Last Time They Had Intercourse, Total and by Grade



SELECTED POINTS

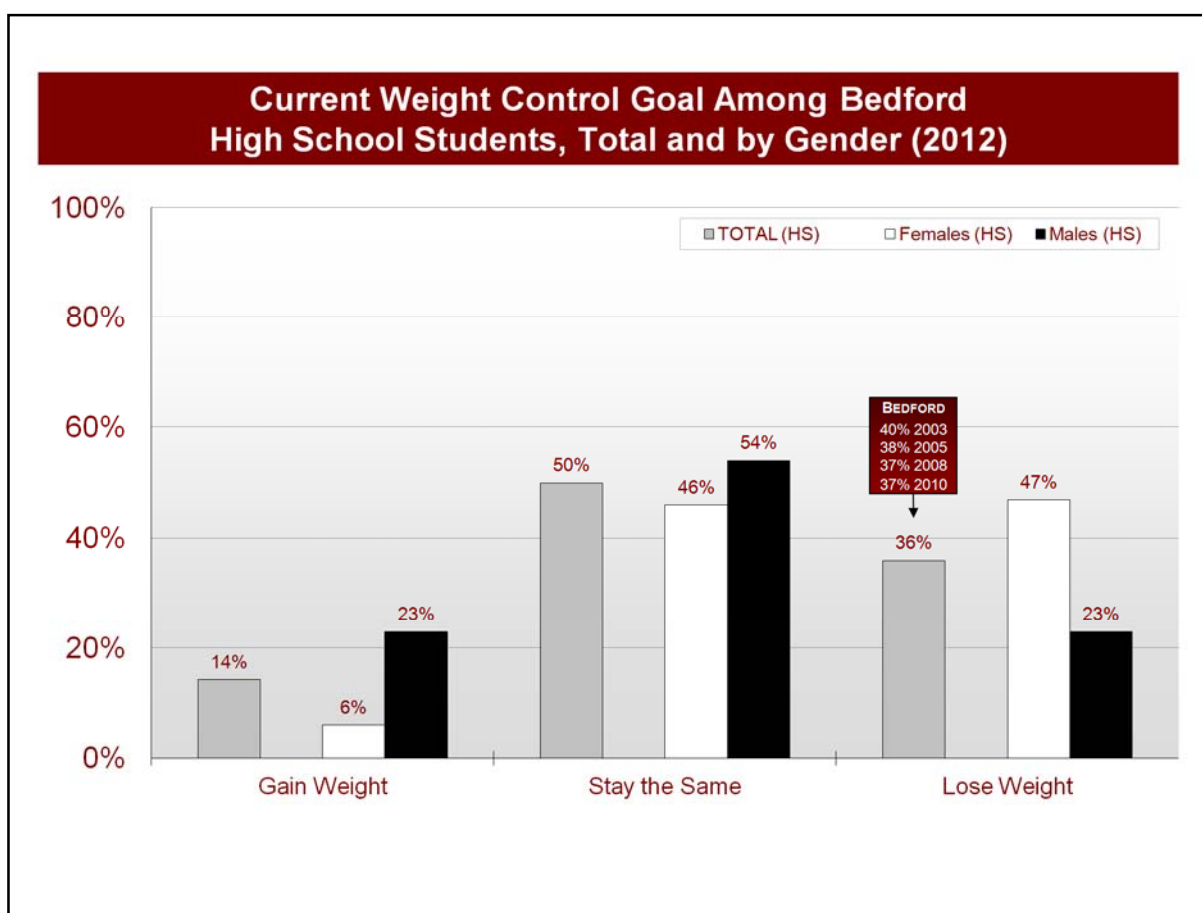
- In 2012, 64% of sexually active Bedford high school students reported that they or their partner used a condom the last time they had sexual intercourse – 77% of 9th graders, 67% of 10th graders, 54% of 11th graders, and 67% of 12th graders.
- **Trends:** Available high school trend data reveal a decrease between 2010 and 2012 in the percentage of sexually active students who reported that they or their partner used a condom the last time they had sexual intercourse (68% to 64%), continuing a decline observed since a peak rate of 76% in 2005.
- **Comparisons:** Comparative data show that 2012 Bedford high school students were more likely than their 2011 Massachusetts peers to report using a condom the last time they had sexual intercourse (64% Bedford, 58% MA). As displayed in the chart, this comparison varied across grades, with Bedford respondents in grades 9 and 12 more likely than average to report condom use. *MA data from the 2011 MA Youth Risk Behavior Survey*
- **Gender:** Female and male high school students were equally likely to report that they or their partner used a condom they last time they had sexual intercourse (63% each).
- **Grade:** Reported condom use among sexually active youth remained varied across grades, with declines between the 9th and 11th grades and then an increase in 12th grade.
- **Middle School:** Middle school students were not asked these questions.

Perception of Body Weight Among Bedford High School Students, Total and by Gender (2012)



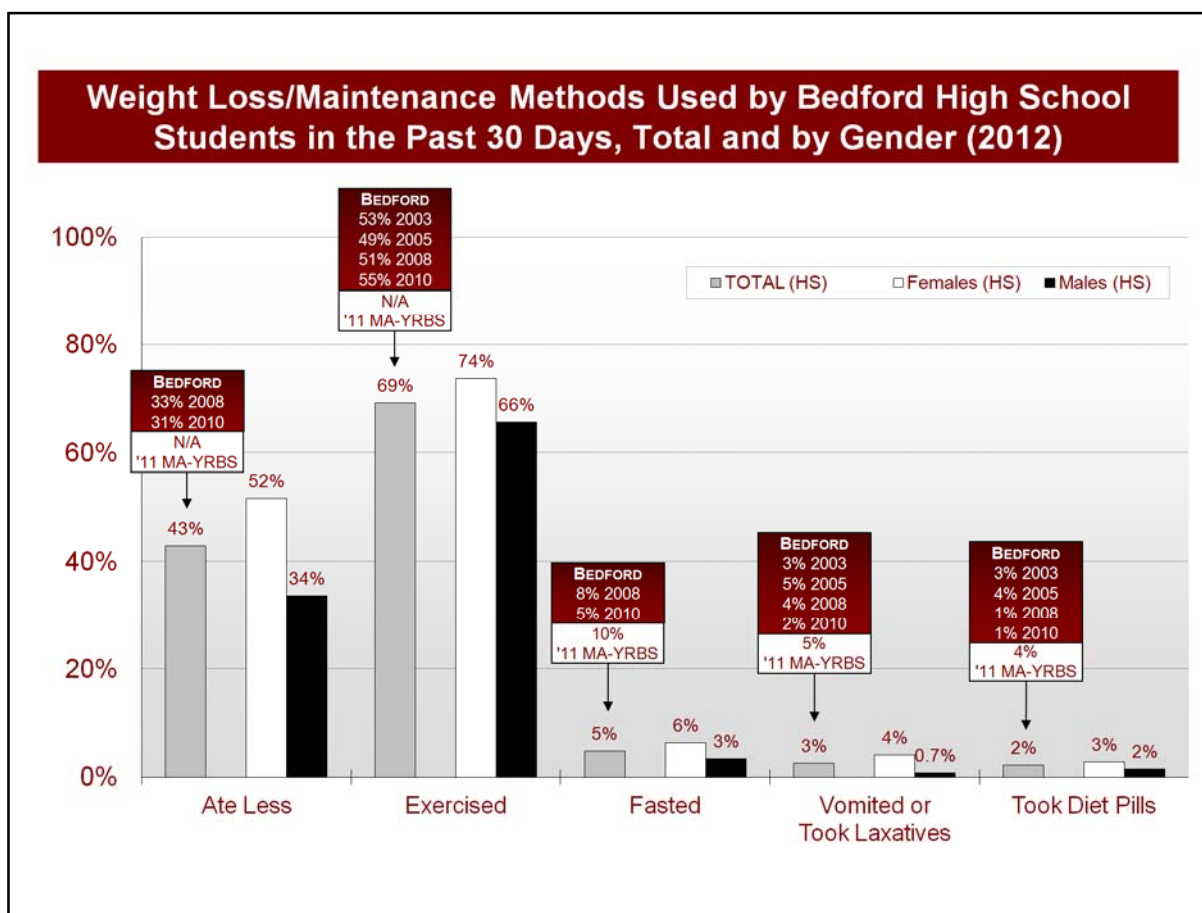
SELECTED POINTS

- Seventeen percent (17%) of 2012 Bedford high school students described themselves as *underweight*, 60% as *about the right weight*, and 23% as *overweight*.
- Fifteen percent (15%) of females and 20% of males described themselves as *underweight*, 60% of both females and males as *about the right weight*, and 25% of females and 20% of males as *overweight*.
- Trends:** Available high school trend data reveal an increase between 2010 and 2012 in the percent of Bedford high school students who perceived themselves as *overweight* (17% to 23%), reversing a pattern of decline previously observed since 2005.
- Comparisons:** Comparative data show that 2012 Bedford high school students were less likely than their 2011 Massachusetts peers to describe themselves as *overweight* (23% Bedford, 28% MA). MA data from the 2011 MA Youth Risk Behavior Survey
- Gender:** As displayed in the chart, 2012 female Bedford high school students were more likely than males to describe themselves as *overweight* (25% females, 20% males).
- Grade:** There was little substantive variation with age/grade in the percentage of Bedford high school students who considered themselves *overweight* (23%, 24%, 21%, 23%).
- Middle School:** Trends in the percentage of Bedford middle school students who consider themselves *overweight* are as follows: 24% in 2003, 24% in 2005, 21% in 2008, 23% in 2010, 25% in 2012.



SELECTED POINTS

- Fourteen percent (14%) of 2012 Bedford high school students reported that they were trying to *gain weight*, 50% that they were trying to *stay the same weight*, and 36% that they were trying to *lose weight*.
- **Trends:** Available high school trend data reveal no substantive change between 2010 and 2012 in the percentage of Bedford high school students who reported that they were trying to *lose weight*, with rates declining slightly since 2003 (40%, 38%, 37%, 37%, 36%).
- **Comparisons:** Comparative data for Massachusetts are not available.
- **Gender:** Female students were much more likely to report trying to *lose weight* (47% females, 23% males) while males were much more likely to report trying to *gain weight* (6% females, 23% males) and slightly more likely to report trying to *stay the same weight* (46% females, 54% males).
- **Grade:** The percentage of 2012 Bedford high school students who reported that they were currently trying to *lose weight* varied by age/grade (33%, 39%, 40%, 29%).
- **Middle School:** Trends in the percentage of Bedford middle school students who reported that they were currently trying to *lose weight* are as follows: 29% in 2003, 32% in 2005, 30% in 2008, 29% in 2010, 35% in 2012.



SELECTED POINTS

- Forty-three percent (43%) of 2012 Bedford high school students reported that they had *eaten less* in the 30 days prior to the survey in order to lose or maintain their weight. Sixty-nine percent (69%) had *exercised* to do so, 5% had *fasted*, 3% had *vomited or taken laxatives*, and 2% had *taken diet pills*.
- Trends:** Available Bedford high school trend data for 2008 to 2012 are mixed, with increases in more healthy options of eating less and exercising to lose/maintain weight and consistency in more troublesome options (fasting, vomiting or taking laxatives, taking diet pills): *ate less* (33%, 31%, 43%), *exercised* (51%, 55%, 69%), *fasted* (8%, 5%, 5%), *vomited or took laxatives* (4%, 2%, 3%), *took diet pills* (1%, 1%, 2%).
- Comparisons:** Available comparative data show that 2012 Bedford high school students were less likely than their 2011 Massachusetts peers to have engaged in these efforts: *ate less* (MA data not available), *exercised* (MA data not available), *fasted* (5% Bedford, 10% MA), *vomited or took laxatives* (3% Bedford, 5% MA), *took diet pills* (2% Bedford, 4% MA). MA data from the 2011 MA Youth Risk Behavior Survey
- Gender:** As displayed in the chart, female 2012 Bedford high school students were more likely than males to report using each of these weight loss/maintenance methods.
- Grade:** There was little consistent variation by age/grade in methods used by 2012 Bedford high school students to lose or maintain their weight: *ate less* (38%, 52%, 42%, 38%), *exercised* (71%, 75%, 68%, 61%), *fasted* (6%, 6%, 6%, 0%), *vomited or took laxatives* (3%, 2%, 4%, 0%), *took diet pills* (0%, 1%, 3%, 4%).
- Middle School:** Trends in the percentage of Bedford middle school students who reported these efforts are as follows: *ate less* (22% in '08, 24% in '10, 32% in '12), *exercised* (42%, 43%, 70%), *fasted* (2%, 3%, 4%), *vomited/took laxatives* (1%, 0.6%, 2%), *took diet pills* (0%, 0%, 1%).

Appendix A:

Selected Middle School Data Tables

2011-2012 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Alcohol and Other Drug Use - Middle School (N=537)

	TOTAL - Bedford							GENDER		GRADE		
	1999 (418)	2001 (454)	2003 (463)	2005 (480)	2008 (503)	2010 (527)	2012 (537)	Females (265)	Males (262)	6th (191)	7th (177)	8th (163)
LIFETIME (any use in lifetime)												
Alcohol	36.9%	35.1%	20.7%	17.9%	13.5%	11.9%	9.4%	6.3%	12.3%	5.4%	5.9%	16.4%
Cigarettes	23.7%	17.9%	8.7%	5.6%	3.0%	2.7%	3.2%	2.7%	3.1%	1.6%	2.8%	4.9%
Cigars	N/A	7.3%	5.3%	5.3%	4.3%	2.5%	2.1%	0.8%	3.1%	0.5%	2.8%	3.1%
Smokeless Tobacco	2.4%	1.8%	1.1%	1.1%	3.0%	2.1%	0.9%	0.4%	1.5%	0.0%	1.1%	1.9%
Marijuana	7.7%	10.2%	5.2%	2.7%	2.6%	2.3%	1.1%	0.8%	1.1%	0.5%	1.1%	1.2%
Cocaine	0.0%	1.8%	1.1%	1.0%	1.0%	0.4%	0.2%	0.4%	0.0%	0.5%	0.0%	0.0%
Inhalants	9.7%	12.2%	8.7%	6.5%	5.2%	2.5%	3.2%	3.8%	2.3%	3.2%	2.8%	3.1%
Heroin	N/A	0.9%	0.2%	0.6%	0.2%	0.2%	0.2%	0.0%	0.4%	0.0%	0.6%	0.0%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Steroids	N/A	2.4%	1.1%	1.7%	0.0%	0.4%	0.7%	1.1%	0.4%	1.1%	0.6%	0.6%
Other Illegal Drugs ¹	N/A	2.6%	0.7%	0.6%	0.2%	0.2%	0.7%	0.8%	0.8%	1.0%	0.6%	0.6%
Ecstasy	N/A	1.3%	0.7%	0.4%	0.4%	0.0%	0.2%	0.0%	0.4%	0.0%	0.6%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	0.0%	0.0%	0.4%	0.8%	0.0%	0.5%	0.0%	0.6%
CURRENT (any use in past 30 days)												
Alcohol (any use)	19.0%	15.9%	7.9%	7.6%	2.6%	2.5%	3.0%	3.0%	2.3%	1.1%	1.7%	6.2%
Binge alcohol (5+ drinks in a row)	5.3%	0.4%	0.4%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Cigarettes	8.8%	5.3%	2.6%	2.5%	0.4%	0.8%	0.6%	1.1%	0.0%	0.5%	0.0%	1.2%
Cigars	N/A	2.2%	0.7%	1.5%	0.2%	0.0%	0.4%	0.4%	0.4%	0.0%	0.6%	0.6%
Smokeless Tobacco	0.5%	1.1%	0.4%	0.4%	0.2%	0.4%	0.2%	0.0%	0.4%	0.0%	0.6%	0.0%
Marijuana	4.4%	5.3%	2.4%	1.5%	0.8%	1.5%	0.4%	0.4%	0.0%	0.0%	0.0%	0.6%
Cocaine	0.7%	1.3%	0.6%	0.4%	0.2%	0.4%	0.2%	0.4%	0.0%	0.5%	0.0%	0.0%
Inhalants	2.9%	4.6%	2.4%	2.1%	1.2%	0.4%	0.6%	1.1%	0.0%	1.0%	0.6%	0.0%
Heroin	N/A	0.9%	0.2%	0.4%	0.0%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Methamphetamines	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Steroids	N/A	0.9%	0.6%	0.4%	0.0%	0.0%	0.2%	0.4%	0.0%	0.5%	0.0%	0.0%
Other Illegal Drugs ¹	N/A	1.8%	0.4%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Ecstasy	N/A	1.1%	0.4%	0.2%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Oxycontin	N/A	N/A	N/A	N/A	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

¹ Respondents were asked about use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Special K, or ecstasy". this item includes ecstasy and preceded the item that asked about ecstasy alone.

2011-2012 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - Middle School (N=537)

	TOTAL - Bedford							GENDER		GRADE		
	1999 (418)	2001 (454)	2003 (463)	2005 (480)	2008 (503)	2010 (527)	2012 (537)	Females (265)	Males (262)	6th (191)	7th (177)	8th (163)
CARRIED A WEAPON¹ (30 days)												
On school property	3.6%	3.3%	1.1%	2.1%	0.6%	0.6%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
When NOT in school	17.4%	16.9%	10.4%	12.4%	6.0%	7.9%	10.3%	3.0%	17.2%	8.9%	11.9%	9.8%
IN A PHYSICAL FIGHT (12 months)												
On school property	20.4%	19.0%	12.6%	9.3%	5.0%	5.0%	2.4%	0.8%	3.5%	1.6%	2.9%	3.1%
When NOT in school	29.2%	30.7%	26.2%	27.9%	19.0%	18.5%	14.7%	8.0%	20.5%	13.8%	15.9%	14.2%
SAFETY CONCERNS												
Somewhat/Very worried about safety in school	11.3%	15.7%	11.3%	8.2%	7.6%	6.7%	8.0%	9.1%	6.5%	8.9%	8.5%	6.2%
Somewhat/Very worried about safety when NOT in school	18.8%	19.7%	14.3%	16.4%	17.7%	16.2%	14.2%	17.5%	10.3%	16.8%	14.1%	11.2%
Stayed home from school out of fear for safety (30 days)	2.6%	3.1%	1.5%	2.1%	1.2%	1.3%	2.2%	2.6%	1.1%	1.6%	2.8%	1.8%
BULLYING												
Bullied at or on way to/from school (30 days)	N/A	29.7%	20.9%	22.9%	23.3%	15.4%	15.2%	17.6%	12.6%	17.3%	15.3%	12.5%
Bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	15.1%	17.7%	12.3%	15.3%	15.8%	14.1%
Bullied electronically (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	7.7%	9.4%	5.8%	7.9%	7.3%	7.4%
Saw someone else bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	33.0%	35.8%	29.0%	25.9%	32.2%	42.6%
DATING VIOLENCE (Lifetime)												
Either physically and/or sexually hurt by a date	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Physically hurt <i>only</i> by a date	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Sexually hurt <i>only</i> by a date	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Physically <i>and</i> sexually hurt by a date	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
ALCOHOL-RELATED DRIVING/RIDING (30 days)												
Rode with drinking driver- All students	10.6%	12.2%	9.4%	9.4%	6.6%	6.5%	7.5%	8.1%	5.9%	9.3%	6.9%	5.6%
Drove after drinking - All students	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drove after drinking - Of drivers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
MARIJUANA-RELATED DRIVING/RIDING (30 days)												
Rode with driver using marijuana - All students	5.3%	4.5%	2.2%	1.5%	0.8%	0.8%	0.6%	0.8%	0.0%	0.5%	0.6%	0.0%
Drove after using marijuana - All students	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Drove after using marijuana - Of drivers	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

2011-2012 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Mental and Physical Health - Middle School (N=537)

	TOTAL - Bedford							GENDER		GRADE		
	1999 (418)	2001 (454)	2003 (463)	2005 (480)	2008 (503)	2010 (527)	2012 (537)	Females (265)	Males (262)	6th (191)	7th (177)	8th (163)
MENTAL HEALTH												
Life somewhat/very stressful	N/A	58.7%	50.9%	54.5%	48.0%	48.4%	47.4%	56.2%	38.9%	39.8%	45.1%	58.1%
Experienced depression (12 months)	N/A	N/A	N/A	N/A	6.6%	6.7%	12.4%	18.0%	6.3%	11.0%	10.5%	16.5%
Medically treated for depression (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Hurt self on purpose (12 months)	N/A	N/A	N/A	N/A	10.8%	8.6%	12.6%	15.6%	8.8%	11.6%	10.8%	15.5%
Seriously considered suicide (12 months)	15.1%	9.9%	8.5%	10.1%	2.8%	5.6%	6.9%	9.9%	3.7%	7.8%	3.7%	9.0%
Made a plan to commit suicide (12 months)	8.4%	6.5%	3.5%	8.6%	1.6%	2.9%	4.4%	6.4%	2.5%	3.4%	3.0%	7.1%
Attempted suicide (12 months)	2.9%	2.7%	2.4%	2.1%	0.8%	1.7%	1.2%	1.2%	0.8%	0.6%	0.0%	2.6%
AVAILABILITY OF SOCIAL SUPPORTS												
School adult to talk to about a problem	N/A	N/A	N/A	N/A	63.2%	54.6%	64.9%	71.7%	58.2%	67.9%	68.9%	57.1%
Family adult to talk to about a problem	N/A	N/A	N/A	N/A	82.1%	86.0%	84.5%	85.7%	83.6%	87.4%	85.9%	80.4%
Other adult to talk to about a problem	N/A	N/A	N/A	N/A	29.5%	30.7%	32.6%	35.1%	29.8%	39.3%	25.4%	33.1%
SEXUAL BEHAVIOR												
Ever had sexual intercourse	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Condom use at last intercourse ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Alcohol/drugs at last intercourse ¹	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ever been/gotten someone pregnant	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Ever forced to have intercourse	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
WEIGHT PERCEPTION AND CONTROL												
Describe self as somewhat/very overweight	N/A	25.6%	24.2%	23.6%	21.3%	23.2%	25.3%	29.0%	21.8%	23.9%	26.4%	25.3%
Trying to lose weight	33.4%	31.1%	28.6%	32.0%	29.6%	29.0%	35.5%	45.9%	25.3%	36.2%	34.9%	35.4%

¹ Of those who had sexual intercourse.

Appendix B:

Selected High School Data Tables

2011-2012 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Alcohol and Other Drug Use - High School (N=706)

	TOTAL - Bedford							2011 MA YRBS	GENDER		GRADE			
	1999	2001	2003	2005	2008	2010	2012		Females	Males	9th	10th	11th	12th
	(563)	(523)	(606)	(563)	(627)	(588)	(706)		(367)	(327)	(199)	(167)	(182)	(153)
LIFETIME (any use in lifetime)														
Alcohol	72.6%	72.6%	66.2%	62.2%	60.2%	54.0%	42.9%	68%	43.1%	42.7%	27.6%	44.5%	51.8%	48.4%
Cigarettes	58.3%	53.3%	39.7%	35.9%	24.6%	18.8%	15.2%	39%	14.7%	16.0%	8.5%	11.4%	22.4%	19.4%
Cigars	34.9%	35.0%	20.8%	27.7%	22.0%	20.5%	12.7%	N/A	8.4%	17.7%	5.0%	7.2%	17.6%	22.6%
Smokeless Tobacco	7.8%	6.3%	3.7%	3.4%	3.9%	5.5%	3.9%	N/A	0.4%	7.9%	1.0%	0.6%	7.7%	6.7%
Marijuana	39.6%	42.4%	34.0%	31.8%	30.9%	33.4%	23.0%	43%	23.3%	22.0%	9.1%	19.8%	30.1%	35.5%
Cocaine	3.4%	2.9%	3.3%	3.2%	1.8%	3.3%	1.6%	5%	0.6%	2.7%	0.0%	0.6%	2.8%	3.2%
Inhalants	13.7%	10.1%	9.3%	9.5%	7.2%	7.0%	1.7%	N/A	1.3%	2.2%	0.5%	1.8%	4.2%	0.0%
Heroin	N/A	1.3%	2.1%	1.6%	1.1%	1.9%	0.3%	2%	0.3%	0.4%	0.0%	0.6%	0.7%	0.0%
Methamphetamines	N/A	4.6%	3.0%	3.0%	1.4%	1.9%	1.1%	3%	0.5%	1.8%	0.5%	1.2%	0.0%	3.2%
Steroids	N/A	2.5%	3.0%	2.0%	0.8%	1.5%	0.3%	3%	0.0%	0.7%	0.0%	0.6%	0.7%	0.0%
Other Illegal Drugs ¹	N/A	14.1%	7.9%	5.0%	4.2%	6.2%	3.3%	N/A	1.5%	5.4%	1.5%	3.0%	2.8%	6.5%
Ecstasy	N/A	10.9%	5.8%	2.9%	2.1%	3.1%	1.7%	6%	0.9%	2.7%	1.0%	2.4%	0.7%	3.2%
Oxycontin	N/A	N/A	N/A	N/A	2.1%	4.5%	1.5%	N/A	0.4%	2.9%	0.5%	0.6%	2.1%	3.2%
CURRENT (any use in past 30 days)														
Alcohol (any use)	45.4%	51.0%	39.3%	38.8%	40.1%	33.4%	22.3%	40%	22.1%	22.3%	10.6%	22.9%	24.6%	33.3%
Binge alcohol (5+ drinks in a row)	27.9%	36.8%	23.8%	21.8%	23.7%	18.4%	8.7%	22%	8.7%	8.6%	2.5%	9.0%	11.3%	12.9%
Cigarettes	24.8%	27.2%	17.9%	11.5%	7.4%	7.3%	5.5%	14%	5.0%	6.3%	0.0%	3.0%	7.7%	12.9%
Cigars	11.9%	13.5%	8.1%	9.2%	12.5%	11.7%	6.0%	14%	5.4%	7.0%	1.5%	1.2%	9.2%	12.9%
Smokeless Tobacco	0.7%	0.8%	1.0%	1.4%	1.8%	2.6%	1.4%	7%	0.4%	2.6%	0.0%	0.6%	2.1%	3.3%
Marijuana	21.9%	23.2%	15.4%	17.2%	21.5%	21.8%	10.9%	28%	10.8%	10.2%	7.0%	6.6%	14.0%	16.1%
Cocaine	2.0%	2.1%	2.0%	1.4%	0.8%	1.7%	0.8%	N/A	0.3%	1.5%	0.0%	0.6%	0.0%	3.2%
Inhalants	3.0%	2.9%	3.5%	4.1%	1.4%	2.1%	0.6%	N/A	0.6%	0.6%	0.5%	1.2%	0.7%	0.0%
Heroin	N/A	0.8%	1.2%	1.1%	1.0%	0.7%	0.1%	N/A	0.3%	0.0%	0.0%	0.6%	0.0%	0.0%
Methamphetamines	N/A	2.5%	1.8%	1.3%	1.1%	0.7%	1.0%	N/A	0.5%	1.5%	0.5%	0.6%	0.0%	3.2%
Steroids	N/A	2.3%	1.7%	1.3%	0.5%	1.0%	0.1%	N/A	0.0%	0.3%	0.0%	0.6%	0.0%	0.0%
Other Illegal Drugs ¹	N/A	7.8%	3.5%	2.2%	2.1%	4.3%	1.8%	N/A	0.3%	3.6%	0.0%	1.8%	0.0%	6.5%
Ecstasy	N/A	4.4%	2.5%	1.1%	1.6%	1.7%	1.4%	N/A	0.5%	2.4%	1.0%	1.8%	0.0%	3.2%
Oxycontin	N/A	N/A	N/A	N/A	0.6%	2.4%	0.9%	N/A	0.0%	1.9%	0.0%	0.0%	0.7%	3.2%

¹ Respondents were asked about use of "any other type of illegal drug, such as LSD (acid), PCP, mushrooms, Special K, or ecstasy". This item includes ecstasy and preceded the item that asked about ecstasy alone.

2011-2012 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Violence and Safety - High School (N=706)

	TOTAL - Bedford							2011 MA YRBS	GENDER		GRADE			
	1999 (563)	2001 (523)	2003 (606)	2005 (563)	2008 (627)	2010 (588)	2012 (706)		Females (367)	Males (327)	9th (199)	10th (167)	11th (182)	12th (153)
CARRIED A WEAPON¹ (30 days)														
On school property	7.5%	5.0%	7.5%	6.8%	4.7%	3.8%	3.0%	4%	1.0%	5.0%	0.5%	2.4%	2.8%	6.7%
When NOT in school	14.1%	11.1%	15.8%	15.4%	11.7%	10.6%	8.4%	N/A	3.5%	14.0%	7.6%	7.9%	8.5%	9.7%
IN A PHYSICAL FIGHT (12 months)														
On school property	8.7%	9.8%	11.5%	10.9%	9.0%	7.8%	7.5%	7%	6.5%	8.6%	5.5%	6.0%	8.5%	9.7%
When NOT in school	20.1%	19.5%	21.1%	26.7%	19.6%	17.8%	13.0%	N/A	10.1%	16.2%	14.7%	11.4%	11.3%	12.9%
SAFETY CONCERNS														
Somewhat/Very worried about safety in school	5.0%	9.0%	8.5%	11.8%	10.6%	8.1%	4.7%	N/A	5.1%	3.8%	2.0%	7.8%	5.6%	3.2%
Somewhat/Very worried about safety when NOT in school	15.5%	9.2%	15.1%	17.2%	16.8%	13.1%	13.1%	N/A	15.8%	10.1%	13.3%	14.5%	11.2%	13.3%
Stayed home from school out of fear for safety (30 days)	3.4%	3.3%	4.6%	6.5%	4.0%	3.8%	3.8%	5%	5.5%	1.6%	3.5%	4.2%	3.5%	3.3%
BULLYING														
Bullied at or on way to/from school (30 days)	N/A	16.3%	12.4%	13.3%	15.2%	17.7%	11.7%	N/A	12.7%	10.3%	14.1%	14.5%	12.6%	3.3%
Bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	12.3%	18%	14.8%	8.9%	16.2%	13.3%	12.6%	6.5%
Bullied electronically (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	9.5%	17%	11.0%	7.9%	15.7%	10.4%	7.0%	3.2%
Saw someone else bullied at school (12 months)	N/A	N/A	N/A	N/A	N/A	N/A	40.4%	N/A	41.1%	39.4%	42.8%	45.1%	37.6%	35.5%
DATING VIOLENCE (Lifetime)														
Either physically and/or sexually hurt by a date	N/A	7.9%	8.0%	7.0%	9.1%	6.4%	5.2%	N/A	7.5%	2.3%	5.6%	5.5%	6.4%	3.2%
Physically hurt <i>only</i> by a date	N/A	4.2%	3.8%	2.3%	4.2%	3.1%	2.0%	N/A	2.0%	2.0%	2.5%	3.0%	2.1%	0.0%
Sexually hurt <i>only</i> by a date	N/A	2.3%	2.7%	2.2%	2.2%	2.1%	2.0%	N/A	3.5%	0.0%	1.0%	1.2%	2.8%	3.2%
Physically <i>and</i> sexually hurt by a date	N/A	1.3%	1.5%	2.5%	2.7%	1.2%	1.2%	N/A	2.1%	0.3%	2.0%	1.2%	1.4%	0.0%
ALCOHOL-RELATED DRIVING/RIDING (30 days)														
Rode with drinking driver- All students	17.0%	21.2%	16.1%	22.7%	16.0%	14.8%	9.2%	23%	11.6%	6.8%	9.1%	7.9%	9.8%	9.7%
Drove after drinking - All students	6.1%	8.8%	5.3%	8.4%	5.9%	3.8%	1.4%	7%	0.4%	2.5%	0.5%	0.6%	1.4%	3.3%
Drove after drinking - Of drivers	14.8%	19.5%	12.6%	22.2%	15.1%	10.9%	5.2%	N/A	1.5%	8.5%	33.3%	4.3%	2.7%	7.7%
MARIJUANA-RELATED DRIVING/RIDING (30 days)														
Rode with driver using marijuana - All students	19.7%	22.5%	14.2%	12.0%	16.3%	19.2%	8.6%	N/A	9.3%	7.5%	4.1%	6.1%	12.6%	12.9%
Drove after using marijuana - All students	5.9%	8.1%	5.6%	5.7%	5.4%	8.1%	3.0%	N/A	1.7%	3.8%	0.0%	1.2%	5.0%	6.5%
Drove after using marijuana - Of drivers	14.5%	18.3%	14.0%	16.0%	13.9%	22.8%	10.3%	N/A	6.4%	12.4%	0.0%	8.7%	8.8%	13.3%

¹ Respondents were asked about "a weapon such as a knife, gun, or club".

2011-2012 BEDFORD YOUTH RISK BEHAVIOR SURVEY

Mental and Physical Health - High School (N=706)

	TOTAL - Bedford							2011 MA YRBS	GENDER		GRADE			
	1999 (563)	2001 (523)	2003 (606)	2005 (563)	2008 (627)	2010 (588)	2012 (706)		Females (367)	Males (327)	9th (199)	10th (167)	11th (182)	12th (153)
MENTAL HEALTH														
Life somewhat/very stressful	N/A	76.3%	71.3%	74.2%	72.0%	72.0%	74.1%	N/A	83.7%	63.2%	66.5%	67.9%	82.4%	80.6%
Experienced depression (12 months)	N/A	N/A	N/A	N/A	17.6%	15.5%	18.0%	25%	22.6%	11.7%	16.8%	15.2%	23.2%	16.1%
Medically treated for depression (12 months)	6.1%	10.6%	11.1%	10.7%	8.7%	7.3%	9.4%	N/A	10.3%	8.1%	7.2%	11.6%	9.2%	10.0%
Hurt self on purpose (12 months)	0.0%	0.0%	0.0%	0.0%	12.7%	11.2%	9.5%	N/A	10.8%	7.7%	10.6%	13.3%	9.8%	3.2%
Seriously considered suicide (12 months)	16.8%	15.0%	12.0%	15.5%	8.3%	6.7%	9.0%	13%	9.2%	8.4%	11.6%	8.4%	9.2%	6.5%
Made a plan to commit suicide (12 months)	9.7%	9.2%	7.3%	10.6%	8.2%	4.9%	6.1%	12%	5.2%	6.6%	6.6%	6.1%	7.7%	3.2%
Attempted suicide (12 months)	3.9%	5.0%	4.5%	4.5%	3.4%	3.5%	3.5%	7%	3.5%	3.1%	4.6%	2.4%	3.5%	3.2%
AVAILABILITY OF SOCIAL SUPPORTS														
School adult to talk to about a problem	N/A	N/A	N/A	N/A	64.8%	70.2%	74.8%	71%	74.7%	75.1%	64.1%	76.5%	78.3%	83.9%
Family adult to talk to about a problem	N/A	N/A	N/A	N/A	79.7%	82.2%	79.1%	83%	78.9%	80.3%	78.9%	82.2%	81.0%	73.3%
Other adult to talk to about a problem	N/A	N/A	N/A	N/A	43.3%	45.6%	37.4%	N/A	38.8%	36.1%	34.5%	41.1%	43.7%	30.0%
SEXUAL BEHAVIOR														
Ever had sexual intercourse	29.6%	28.7%	27.0%	33.9%	29.0%	24.7%	20.9%	42%	21.3%	19.5%	7.1%	18.4%	21.8%	40.0%
Condom use at last intercourse ¹	61.8%	71.4%	70.6%	76.0%	71.8%	67.6%	63.6%	58%	62.6%	63.4%	76.9%	66.7%	53.6%	66.7%
Alcohol/drugs at last intercourse ¹	15.3%	23.1%	21.7%	21.6%	22.9%	19.1%	18.5%	23%	22.2%	13.5%	35.7%	10.3%	31.0%	9.1%
Ever been/gotten someone pregnant	2.9%	1.5%	2.7%	3.8%	1.9%	1.7%	0.9%	N/A	1.1%	0.7%	1.5%	1.2%	0.7%	0.0%
Ever forced to have intercourse	3.0%	3.5%	3.0%	3.6%	3.4%	2.4%	2.4%	N/A	3.7%	0.9%	2.6%	2.4%	1.4%	3.2%
WEIGHT PERCEPTION AND CONTROL														
Describe self as somewhat/very overweight	21.4%	24.6%	24.9%	25.4%	21.5%	17.4%	22.8%	28%	25.2%	20.0%	23.4%	23.6%	21.1%	22.6%
Trying to lose weight	36.3%	41.2%	39.7%	38.3%	36.6%	37.2%	35.5%	N/A	47.3%	23.0%	33.2%	39.2%	40.3%	29.0%

¹ Of those who had sexual intercourse.